



Effective: July 1, 2012

REDUCED FAT COOKED GROUND BEEF (970)

Ingredient Statement: Ground Beef.

Nutrition Facts	
Serving Size 2.00 ounces (57g)	
Servings Per Container 40	
Amount Per Serving	
Calories 150	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 3.5g	17%
Cholesterol 50mg	17%
Sodium 50mg	2%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 16g	
Vitamin A 0%	• Vitamin C 0%
Calcium 2%	• Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

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	<u>Amount Per 100g</u>	<u>Amount Per Serving</u>
Calories	260.71	147.82
Calories from Fat	139.50	79.10
Calories from Saturated Fat	53.04	30.07
Protein	28.07 g	15.92 g
Carbohydrates	0.00 g	0.00 g
Dietary Fiber	0.00 g	0.00 g
Soluble Fiber	0.00 g	0.00 g
Insoluble Fiber	0.00 g	0.00 g
Sugar - Total	0.00 g	0.00 g
Other Carbohydrates	0.00 g	0.00 g
Fat - Total	15.50 g	8.79 g
Saturated Fat	5.89 g	3.34 g
Mono Fat	6.18 g	3.51 g
Poly Fat	0.45 g	0.26 g
Trans Fatty Acids	1.07 g	0.61 g
Cholesterol	91.00 mg	51.60 mg
Vitamin A	0.00 IU	0.00 IU
Thiamin - B1	0.04 mg	0.02 mg
Riboflavin - B2	0.17 mg	0.10 mg
Niacin - B3	4.93 mg	2.79 mg
Vitamin - B6	0.34 mg	0.19 mg
Vitamin - B12	2.49 mcg	1.41 mcg
Biotin	0.00 mcg	0.00 mcg
Vitamin C	0.00 mg	0.00 mg
Vitamin E Alpha-Tocopherol	0.44 mg	0.25 mg
Folate	6.00 mcg	3.40 mcg
Vitamin K	1.20 mcg	0.68 mcg
Calcium	21.43 mg	12.15 mg
Chloride	0.00 mg	0.00 mg
Copper	0.08 mg	0.04 mg
Iron	2.96 mg	1.68 mg
Magnesium	25.00 mg	14.17 mg
Phosphorus	186.00 mg	105.46 mg
Potassium	410.71 mg	232.87 mg
Sodium	89.29 mg	50.63 mg
Zinc	6.45 mg	3.66 mg