

# NUTRITIONAL FACTS

SMITHFIELD

## Fully Cooked Beef Pot Roast with Onions

<b>Nutrition Facts</b>			
Serving Size 3 oz (84g)			
Servings Per Container Varied			
<b>Amount Per Serving</b>			
<b>Calories</b> 160	Calories from Fat 90		
<b>% Daily Value*</b>			
<b>Total Fat</b> 9g	<b>14%</b>		
Saturated Fat 4g	<b>20%</b>		
Trans Fat 0.5g			
<b>Cholesterol</b> 50mg	<b>17%</b>		
<b>Sodium</b> 320mg	<b>13%</b>		
<b>Total Carbohydrate</b> 4g	<b>1%</b>		
Dietary Fiber 0g	<b>0%</b>		
Sugars Less than 1g			
<b>Protein</b> 15g			
Vitamin A 0%	• Vitamin C 0%		
Calcium 4%	• 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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

SMFD07430-V4

**INGREDIENTS:** BEEF, REHYDRATED ONIONS, SEASONING (SALT, SUGAR, MODIFIED CORN STARCH, HYDROLYZED SOY AND CORN PROTEIN, ONION POWDER, CARMEL COLOR, SODIUM PHOSPHATES, GARLIC POWDER, DEXTROSE, FLAVORING, SPICES, YEAST EXTRACT), MODIFIED CORN STARCH. **CONTAINS: SOY.**