## SLATE FOODS, INC. DBA RED BARN PROVISIONS **NUTRITION FACTS FOR GROUND BEEF AND BEEF PATTIES**

## **Nutrition Facts** Serving Size 2 Oz, Ground Beef (57g) Servings Per Container 40 **Amount Per Serving** Calories 120 Calories from Fat 80 %Daily Value\* **Total Fat 9g** 13% Saturated Fat 3.5g 18% Trans Fat 0g Cholesterol 40mg 13% Sodium 35mg 1% Total Carbohydrate 0g 0% Dietary Fiber 0g 0% Sugars 0g Protein 11g Vitamin C 0% Vitamin A 0% Calcium 0% Iron 8% \* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs: 2.500 Calories: 2.000 Total Fat Less than 65g 80g Sat Fat Less than 20g 25g Cholesterol Less than 300mg 300mg Sodium Less than 2,400mg 2,400mg Total Carb

300g

25g

Dietary Fiber

Ingredients: 100% Ground Beef

375g

30g

Nutrition Facts Serving Size 1, 4-Ounce Patty (112g) Servings Per Container 16						
Amount Per Serving						
Calories 23	0 Ca	alories fro	m Fat 150			
%Daily Value*						
Total Fat 1	7g	26%				
Saturated F	at 7g		35%			
Trans Fat 0g						
Cholesterol 80mg 27%						
Sodium 70mg						
Total Carbohydrate 0g 0%						
Dietary Fiber 0g 0%						
Sugars 0g						
Protein 21g						
Vitamin A 0%	•	Vita	ımin C 0%			
Calcium 4%	•		Iron 15%			
* 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	3	80g			
Sat Fat	Less than	3	25g			
Cholesterol Sodium	Less than		300mg			
Total Carb	Less man	2,400mg 300g	2,400mg 375g			
Dietary Fiber		25g	373g 30g			

Ingredients: 100% Ground Beef

Nutrition Facts Serving Size 1 (85g) 3-Ounce Patty Servings Per Container 16							
Amount Per Serving							
Calories 200 Ca		Calorie	alories from Fat 110				
			%Da	ily Value'			
Total Fat 12	<u>2g</u>			18%			
Saturated Fat 5g			25%				
Trans Fat 0	g						
Cholesterol 75mg 24%							
Sodium 65mg				3%			
Total Carbohydrate 0g 0%							
Dietary Fiber 0g							
Sugars 0g	<u> </u>						
Protein 21g							
Light Lig							
Vitamin A 0%	•	•	Vita	min C 0%			
Calcium 4%	•	•		Iron 15%			
* 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		00	2,500			
Total Fat	Less tha			80g			
Sat Fat	Less tha	3		25g			
Cholesterol	Less tha		•	300mg			
Sodium	Less tha		00mg	2,400mg			
Total Carb		300	_	375g			
Dietary Fiber		25g		30g			

Ingredients: 100% Ground Beef