

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%
<i>Trans</i> Fat 0g			
Cholesterol 40mg			13%
Sodium 35mg			1%
Total Carbohydrate 0g			0%
Dietary Fiber 0g			0%
Sugars 0g			
Protein 11g			
Vitamin A 0%	•	Vitamin C 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:			
	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	2,400mg	2,400mg
Total Carb		300g	375g
Dietary Fiber		25g	30g

Ingredients: 100% Ground Beef

Nutrition Facts			
Serving Size 1, 4-Ounce Patty (112g)			
Servings Per Container 16			
Amount Per Serving			
Calories 230	Calories from Fat 150		
%Daily Value*			
Total Fat 17g			26%
Saturated Fat 7g			35%
<i>Trans</i> Fat 0g			
Cholesterol 80mg			27%
Sodium 70mg			3%
Total Carbohydrate 0g			0%
Dietary Fiber 0g			0%
Sugars 0g			
Protein 21g			
Vitamin A 0%	•	Vitamin 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	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carb		300g	375g
Dietary Fiber		25g	30g

Ingredients: 100% Ground Beef

Nutrition Facts			
Serving Size 1 (85g) 3-Ounce Patty			
Servings Per Container 16			
Amount Per Serving			
Calories 200	Calories from Fat 110		
%Daily Value*			
Total Fat 12g			18%
Saturated Fat 5g			25%
<i>Trans</i> Fat 0g			
Cholesterol 75mg			24%
Sodium 65mg			3%
Total Carbohydrate 0g			0%
Dietary Fiber 0g			0%
Sugars 0g			
Protein 21g			
Vitamin A 0%	•	Vitamin 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	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carb		300g	375g
Dietary Fiber		25g	30g

Ingredients: 100% Ground Beef