

## Nutrition Facts

about 13 servings per container

**Serving size** 1/2 cup (34g) dry  
 (about 1/2 cup prepared)

Amount per serving

**Calories** **150**

% Daily Value\*

**Total Fat** 5g **6%**

Saturated Fat 2.5g **13%**

*Trans Fat* 0g

**Cholesterol** 50mg **17%**

**Sodium** 160mg **7%**

**Total Carbohydrate** 0g **0%**

Dietary Fiber 0g **0%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

**Protein** 27g

Vitamin D 0mcg 0%

Calcium 9mg 6%

Iron 2mg 10%

Potassium 320mg 6%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**INGREDIENTS:** Cooked freeze-dried beef steak dices

**TO REHYDRATE:**

1. Remove oxygen absorber and discard.
2. Cover desired amount of Cooked Freeze-Dried Steak Beef Dices with boiling water.
3. Let stand 5 minutes.
4. Drain excess water and use as you would regular cooked beef.

Enjoy in your favorite entrées, pot pies, soups, stew, salads, sandwiches and more.

2 1/2 cups of rehydrated beef dices equals approximately one pound of fresh beef.

11172.3-031623