

PRODUCT INFORMATION GUIDE

Nutrition, Ingredients, Food Preparation

Click on the tabs for product information

At Echo Valley Meats, we strive to provide you the best gourmet meats that are of the best in quality, ingredients, and nutrition. This guide provides some practical information to everyone to serve as a consumer resource regarding dietary assessment, nutrition, and safe product preparation.

Enjoy, and Feed Your Family What I Feed Mine!

Dave Alwan



All Natural
Beef

Premium
Beef

Smoked
Hams

Smoked
Brisket

Summer
Sausage

Garlic Cheese
Spread

Chocolate
Nut Trio

Gourmet
Roasted
Nuts



Serving Suggestion

All natural beef is among the healthiest meats you can eat. These selections offer meats that are hormone and antibiotic free. Our all natural beef has a delicious and robust flavor with a tender texture.

- Beef Filets (7-8 oz)
- Rib Eyes (11-12 oz)
- New York Strips (11-12 oz)
- Whole Boneless Prime Rib (Avg 9-10 lbs)
- Half Boneless Prime Rib (Avg 4-4.5 lbs)
- Beef Chateaubriand (Avg 3-3.5 lbs)

Ingredient: Beef

Nutrition Facts	Ribeye Filets	NY Strip
	Chateaubriand	
Serving Size	4 oz. (112g)	4 oz. (112g)
Servings:		
Calories:	280	260
Calories from Fat:	180g	160g
Total Fat	20g	18g
Sat. Fat	8g	7g
Trans.		
Cholesterol	95mg	90mg
Sodium	55g	55g
Total Carb.	0	0
Dietary Fiber	0g	0g
Sugars		
Protein	22g	23g
Vitamins	Calcium 2% • Iron 8%	Calcium 2% • Iron 10%

These instructions are suggested guidelines only. Actual times may vary depending on individual kitchen equipment. We highly recommend using a meat thermometer for additional accuracy.

Thawing Instructions

Keep sealed and frozen or refrigerated until use. With seal intact, thaw in refrigerator. All of our steaks are vacuum packed to seal in freshness and flavor. To thaw steaks, place vacuum sealed steak in the refrigerator 24 hours prior to cooking. To quick thaw steaks, place vacuum sealed steak in cold water for approximately 1-2 hours before cooking.

Cooking Temperatures

Rare	120-125°F	Center is bright red/pinkish toward exterior
Medium Rare	130-135°F	Center is very pink, slightly brown toward exterior
Medium	140-145°	Center is light pink, brown on exterior
Medium Well	150-155°F	Not Pink
Well Done	165+°F	Uniformly brown throughout

Handling Instructions

Keep sealed and frozen or refrigerated until use. With seal intact, thaw in refrigerator. Immediately refrigerate any leftovers.



Serving Suggestion

Ingredient: Beef

Nutrition Facts

Serving Size 1 (3 oz)

Amount Per Serving		Calories from Fat 130	
		% Daily Values*	
Total Fat 15g			23%
Saturated Fat 6g			30%
Trans Fat 0g			
Cholesterol 80mg			27%
Sodium 45mg			2%
Total Carbohydrate 0g			0%
Dietary Fiber 0g			0%
Sugars 0g			
Protein 22g			44%
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	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

These instructions are suggested guidelines only. Actual times may vary depending on individual kitchen equipment. We highly recommend using a meat thermometer for additional accuracy.

Beef Filets (7-8 oz)
Rib Eyes (11-12 oz)
New York Strips (11-12 oz)
Whole Boneless Prime Rib (Avg 9-10 lbs)
Half Boneless Prime Rib (Avg 4.5-5 lbs)
Beef Chateaubriand (Avg 3-3.5 lbs)

Thawing Instructions

Keep sealed and frozen or refrigerated until use. With seal intact, thaw in refrigerator. All of our steaks are vacuum packed to seal in freshness and flavor. To thaw steaks, place vacuum sealed steak in the refrigerator 24 hours prior to cooking. To quick thaw steaks, place vacuum sealed steak in cold water for approximately 1-2 hours before cooking.

Cooking Temperatures

Rare	120-125°F	Center is bright red/pinkish toward exterior
Medium Rare	130-135°F	Center is very pink, slightly brown toward exterior
Medium	140-145°	Center is light pink, brown on exterior
Medium Well	150-155°F	Not Pink
Well Done	165+°F	Uniformly brown throughout

Handling Instructions

Keep sealed and frozen or refrigerated until use. With seal intact, thaw in refrigerator. Immediately refrigerate any leftovers.

SMOKED HAM



All Natural
Beef

Premium
Beef

Smoked
Hams

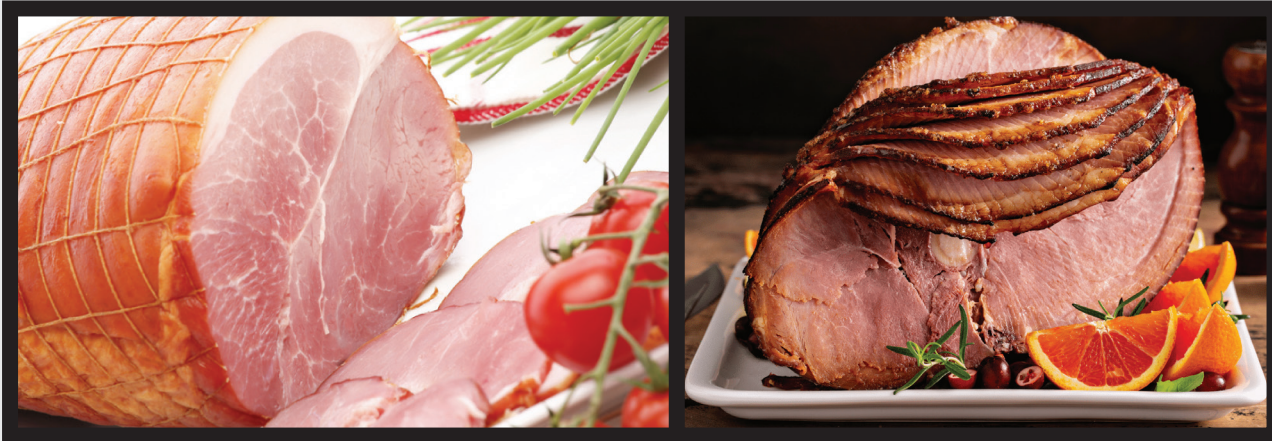
Smoked
Brisket

Summer
Sausage

Garlic Cheese
Spread

Chocolate
Nut Trio

Gourmet
Roasted Nuts



Serving Suggestion

Ingredients: Pork, Water, Cure Mix (Salt, Brown Sugar, Sodium Nitrite, and Glycerin as a Processing Agent), Sodium Phosphates, Sugar, Sodium Erythorbate, Spice Extractives

Boneless Whole Ham (Avg. 7-10 lbs)
 Boneless Half Ham (Avg. 4-5 lbs.)
 Bone-In Whole Spiral Ham (Avg. 14-17 lbs)
 Bone-In Half Spiral Ham (Avg. 7-9 lbs)
 Bone-In Whole Smoked Ham (Avg. 14-17 lbs)
 Bone-In Half Smoked Ham (Avg. 7-9 lbs)

Nutrition Facts

Serving Size 1 (3 oz)

Amount Per Serving

Calories 230 Calories from Fat 130

% Daily Values*

Total Fat 15g		23%
Saturated Fat 6g		30%
Trans Fat 0g		
Cholesterol 80mg		27%
Sodium 45mg		2%
Total Carbohydrate 0g		0%
Dietary Fiber 0g		0%
Sugars 0g		
Protein 22g		44%

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	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Heating Instructions

Product is fully cooked and ready to eat. Can be served cold. To reheat product, first pre-heat oven to 325 degrees. Place ham in either a covered dish, a cooking bag, or cover the ham with foil on a pan. Be sure to put a small amount of water in pan or cooking bag to insure product retains moisture. Cooking time—1 to 1 1/2 hours or to 140 degrees. To crisp outside of ham - uncover for the last 10 minutes of the cooking time. If ham is not glazed, glazing can be done prior to heating process.

Handling Instructions

Keep sealed and frozen or refrigerated until use. With seal intact, thaw in refrigerator. Immediately refrigerate any leftovers.

These instructions are suggested guidelines only. Actual times may vary depending on individual kitchen equipment.

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SMOKED BRISKET



All Natural
Beef

Premium
Beef

Smoked
Hams

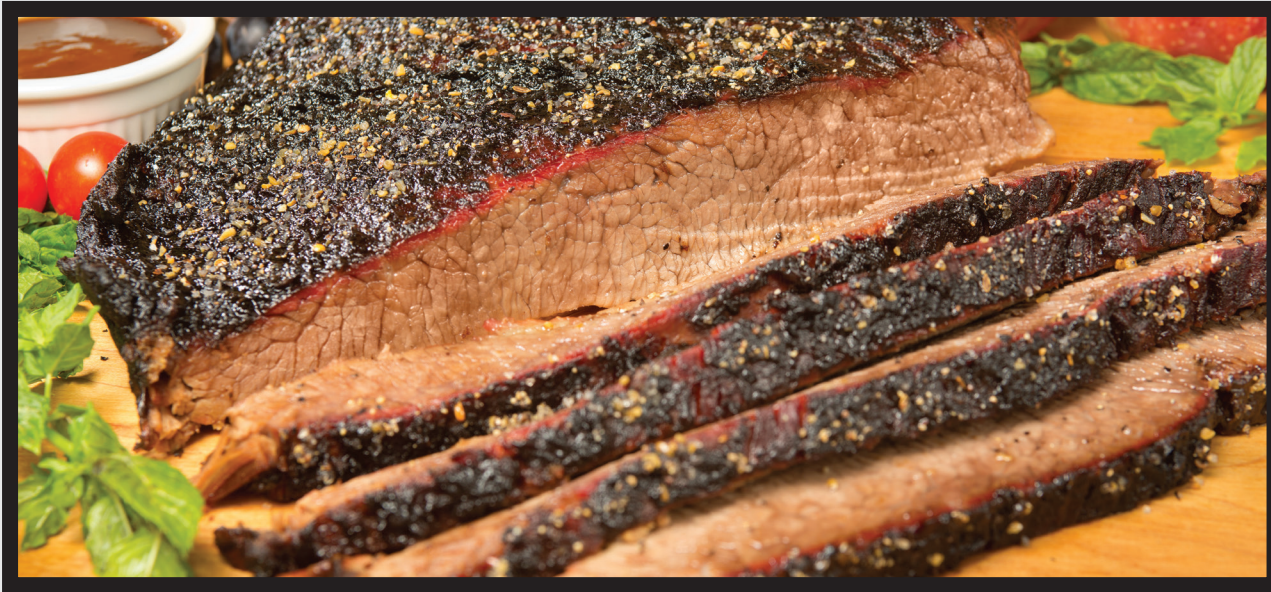
Smoked
Brisket

Summer
Sausage

Garlic Cheese
Spread

Chocolate
Nut Trio

Gourmet
Roasted Nuts



Serving Suggestion

Smoked Brisket (Avg 3-3.5 lbs)

Ingredient: Smoked Beef Brisket

Nutrition Facts

Serving Size 2 oz (57g)
Servings Per Container 24

Amount Per Serving		Calories from Fat 25	
Calories 80			
% Daily Values*			
Total Fat 3g			5%
Saturated Fat 1g			5%
Trans Fat 0g			
Cholesterol 35mg			12%
Sodium 300mg			13%
Total Carbohydrate 1g			0%
Dietary Fiber 0g			0%
Sugars 0g			
Protein 12g			24%
Iron 6%	•	Vitamin K 2%	
Riboflavin 6%	•	Niacin 20%	
Vitamin B12 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	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

These instructions are suggested guidelines only. Actual times may vary depending on individual kitchen equipment.

Thawing Instructions

Place brisket in refrigerator, with seal still intact, for 2 days prior to consuming.

Beef Brisket

Our signature award-winning brisket is rubbed with Echo Valley Meats' secret spice blend and slow smoked for 12 hours.

Heating Instructions

Product is fully cooked & ready to eat. Can be served cold. To reheat product, first pre-heat oven to 325 degrees. Place brisket in either a covered dish, or covered with foil on a pan. Be sure to put a small amount of water in pan or cooking bag to ensure product retains moisture.

Cooking time—1/2 hour at 325 degrees. Product may also be microwaved.

Handling Instructions

Keep sealed and frozen or refrigerated until use. With seal intact, thaw in refrigerator. Immediately refrigerate any leftovers.

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SUMMER SAUSAGE



All Natural
Beef

Premium
Beef

Smoked
Hams

Smoked
Brisket

Summer
Sausage

Garlic Cheese
Spread

Chocolate
Nut Trio

Gourmet
Roasted Nuts



Summer Sausage (5 oz each)

Serving Suggestion

Original Summer Sausage
Smokey Summer Sausage
Garlic Summer Sausage

For the true meat lover.
We offer up generously sized sausages
packaged together for big taste!

These packages will contain our traditional
original summer sausage, our rich smokey
summer sausage and our classic garlic
summer sausage. Perfect for get togethers
or a treat for yourself.

Shelf Stable. Requires refrigeration only
after opening.

Original Summer Sausage Ingredients:

Beef And Pork, Salt, Contains Less Than 2%
Of Flavorings, Corn Syrup, Dextrose, Lactic
Acid Starter Culture, Sodium Erythorbate,
Sodium Nitrite.

Garlic Summer Sausage Ingredients:

Beef And Pork, Salt, Contains Less Than 2%
Of Flavorings, Corn Syrup, Dextrose, Granulated
Garlic, Lactic Acid Starter Culture, Sodium
Erythorbate, Sodium Nitrite.

Smokey Summer Sausage Ingredients:

Pork, Beef, Salt, Corn Syrup, Water, Dextrose,
Spices, Sugar, Natural Hickory Smoke Flavor
(Contains Maltodextrin), Garlic Powder, Lactic
Acid Starter Culture, Sodium Erythorbate,
Sodium Nitrate.

Nutrition Facts	Original Summer Sausage	Smokey Summer Sausage	Garlic Summer Sausage
Serving Size	2oz (56g)	2oz (56g)	2oz (56g)
Servings:	2.5	2	2.5
Calories:	200	140	200
Calories from Fat:	150	150	150
Total Fat	17g	10g	17g
Sat. Fat	7g	3.5g	7g
Trans.	0g	0g	0g
Cholesterol	45mg	35mg	45mg
Sodium	720mg	680mg	720mg
Total Carb.	1g	2g	1g
Dietary Fiber	0g	0g	0g
Sugars	0g	1g	0g
Protein	10g	10g	10g
Vitamins	Iron 6%	Potassium 4% • Iron 6%	Iron 6%

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OLD FASHIONED GARLIC CHEESE SPREAD



All Natural
Beef

Premium
Beef

Smoked
Hams

Smoked
Brisket

Summer
Sausage

Garlic Cheese
Spread

Chocolate
Nut Trio

Gourmet
Roasted Nuts



Old Fashioned Garlic Cheese Spread
(8 oz each)

Nutrition Facts

Serving Size 2 tbsp. (28g)
Servings Per Container 7

Amount Per Serving		Calories from Fat 60	
Calories 90		% Daily Values*	
Total Fat 7g			11%
Saturated Fat 4.5g			22%
Trans Fat 0g			
Cholesterol 25mg			8%
Sodium 180mg			8%
Total Carbohydrate 3g			1%
Dietary Fiber 0g			0%
Sugars 2g			
Protein 3g			6%
Vitamin A 2%	•	Calcium 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	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Old Fashioned Garlic Cheese Spread

Prepared with Real Wisconsin-Aged Natural Cheddar and roasted garlic that combine to create a creamy spread everyone can enjoy!

Enjoy on crackers, as a sandwich spread, or pair with our award-winning summer sausage for a great treat.

Handling Instructions

Our spread is shelf stable and does not require refrigeration until opened. Keep sealed and refrigerated after use.

Ingredients: Pasteurized Cream Cheese (Milk & Cream, Cultures, Salt, Carob Bean Gum), White Cheddar Cheese (Made From Pasteurized Cultured Milk, Salt, And Enzymes), Water, Reduced Lactose Whey, Whey, Garlic, Sea Salt, Disodium Phosphate, Sorbic Acid (A Preservative), Annatto Color, Lactic Acid, Guar Gum.

Allergen: Milk, May Contain Traces Of Soy, Wheat, Eggs And Tree Nuts

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Nutrition Facts	Chocolate Peanuts	Chocolate Cashews	Chocolate Almonds
	per (100g)	per (100g)	per (100g)
Serving Size			
Servings:			
Calories:	556.82	552.36	561.31
Calories from Fat:	326.5	342.12	358.8
Total Fat	36.28g	38.01g	39.87g
Sat. Fat	19.64g	16.02g	15.4g
Trans.	0.31	0.22	0.23
Cholesterol	19.24mg	13.27mg	14.38mg
Sodium	544.47mg	523.7mg	523.7mg
Total Carb.	49.92g	44.82g	42.54g
Dietary Fiber	2.47g	5.09g	5.09g
Sugars	45.47g	33.65g	35.59g
Protein	9.73g	11.68g	12.18g
Vitamins	A 183% • C 1.6% Calcium 205.5% • Iron 2.1%	A 126.2% • C 1.3% Calcium 150.1% • Iron 3.6%	A 138.4% • C 1.2% Calcium 230.5% • Iron 2.6%

Chocolate Nut Trio

Delicious Milk Chocolate coated Almonds, Cashews and Peanuts.

Shelf Life and Storage:

The recommended shelf life is 39 weeks from the time of manufacture when stored in sealed containers at ambient temperatures and humidity not to exceed 85°F and less than 50% relative humidity.

Chocolate Peanuts

Ingredients: Milk Chocolate (Sugar, Whole Milk, Cocoa Butter, Chocolate Liquor, Soy Lecithin (an emulsifier), and Vanillin (an artificial flavoring)), Roasted Salted Peanuts (Peanuts, Salt, Peanut and Vegetable Oil (Soybean)).

Allergen Information,
Contains: Peanuts, Soy, Milk

Chocolate Almonds

Ingredients: Milk Chocolate (Sugar, Whole Milk, Cocoa Butter, Chocolate Liquor, Soy Lecithin (an emulsifier), and Vanillin (an artificial flavoring)), Roasted Salted Almonds (Almonds, Salt, Peanut and Vegetable Oil (Soybean)), Confectioner's Glaze.

Allergen Information,
Contains: Tree nuts, Soy, Milk

Chocolate Cashews

Ingredients: Milk Chocolate (Sugar, Whole Milk, Cocoa Butter, Chocolate Liquor, Soy Lecithin (an emulsifier), and Vanillin (an artificial flavoring)), Roasted Salted Cashews (Cashews, Salt, Peanut and Vegetable Oil (Soybean)), Confectioner's Glaze.

Allergen Information,
Contains: Tree nuts, Soy, Milk

Produced in a Facility that Processes Peanuts, Tree Nuts, Soy, Wheat, and Milk Products

CINNAMON ROASTED NUTS



All Natural
Beef

Premium
Beef

Smoked
Hams

Smoked
Brisket

Summer
Sausage

Garlic Cheese
Spread

Chocolate
Nut Trio

Gourmet
Roasted Nuts



Nutrition Facts	Cinnamon Roasted Pecans	Cinnamon Roasted Cashews	Cinnamon Roasted Almonds
Serving Size	1/4 cup	1/4 cup	1oz (28g)
Servings:	Approx. 3	Approx. 3	Approx. 3
Calories:	170	140	137
Calories from Fat:	108	63	66
Total Fat	12g	7g	8g
Sat. Fat	1g	1g	1g
Trans.	0	0	0
Cholesterol	0	0	0
Sodium	65mg	65mg	0
Total Carb.	13g	15g	15g
Dietary Fiber	2	0	2
Sugars	11g	12g	12g
Protein	2g	3g	3g
Vitamins	Calcium 2% • Iron 4%	Calcium 2% • Iron 6%	Calcium 4% • Iron 3%

Gourmet Mixed Nuts

Delicious Cinnamon Roasted Almonds, Roasted Cashews and Roasted Pecans.

Shelf Life and Storage:

The recommended shelf life is 39 weeks from the time of manufacture when stored in sealed containers at ambient temperatures and humidity not to exceed 85°F and less than 50% relative humidity.

Cinnamon Pecans Ingredients:

Sugar, Water, Cinnamon, Artificial Vanilla.

Allergen Information, Contains: Tree nuts, Soy, Milk

Cinnamon Cashews Ingredients:

Sugar, Water, Cinnamon, Artificial Vanilla.

Allergen Information, Contains: Tree nuts, Soy, Milk

Cinnamon Roasted Almonds

Ingredients: Sugar, Water, Cinnamon, Artificial Vanilla.

Allergen Information, Contains: Tree nuts, Soy, Milk

Produced in a Facility that Processes Peanuts, Tree Nuts, Soy, Wheat, and Milk Products