



FREEZE-DRIED BEEF DICES

Nutrition Facts

13 servings per container

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

Amount per serving

Calories **180**

% Daily Value*

Total Fat 10g 13%

Saturated Fat 3.5g 18%

Trans Fat 0g

Cholesterol 65mg 22%

Sodium 550mg 24%

Total Carbohydrate 0g 0%

Dietary Fiber 0g 0%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 23g

Vitamin D 0mcg 0%

Calcium 65mg 6%

Iron 2mg 10%

Potassium 285mg 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: beef dices (beef, salt).

Contains an oxygen absorber, discard immediately after opening

DISTRIBUTED BY: HIBERNATE
1911 SOUTH 3850 WEST
SALT LAKE CITY, UT 84104

DIRECTIONS:

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

2 1/2 cups Freeze-Dried Beef Dices + 2 cups water = approx. 1 pound fresh beef.

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