



CARNE DESHEBRADA

Prepared with 100% Choice Beef, our Carne Deshebrada is seasoned with a traditional blend of spices; tasty and cooked to perfection following our family recipe. This convenient, ready-in-minutes meal, can be a great addition to any dish and occasion with your friends and family.

INGREDIENTS

Shredded beef with cooked out juices (beef, water, onion, salt), Canola oil, Cultured dextrose, Salt, Garlic powder.

NUTRITION FACTS

About 5 servings per container

Serving Size: 1/2 cup (3oz) 85g

Amount per Serving

CALORIES	220
	% Daily Value*
Total Fat 17g	22%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 370mg	16%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 14g	
Vitamin D 0mcg	0%
Calcium 8mg	0%
Iron 2mg	10%
Potassium 157mg	4%

*The % Daily Value 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.

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

14g
OF PROTEIN
PER SERVING

HEAT & EAT
5
MINUTES IN
MICROWAVE

GLUTEN
FREE

COOKING INSTRUCTIONS

MICROWAVE

- In a microwave safe tray/plate heat on high for 90 seconds, rotate the pouch ½ turn, puncture 4 small holes in the pouch, and cover with paper towel.
- Heat on high an additional 90 seconds until center is hot (165°F). Let stand for 2 minutes.
- Open bag carefully, and empty contents into serving tray.

Note: Microwave ovens vary in rates of heating. Times given are approximate.

STOVETOP

- Heat a medium sized skillet over medium heat. Remove sleeve. Empty Shredded Beef from pouch and place in skillet with 1/3 cup of water.
- Separate the Shredded Beef with a spoon and spread evenly across the skillet.
- Cover and heat for 8-10 minutes or until core temperature reaches a minimum of 165°F, stirring occasionally.
- Remove cover for last 2 minutes of cooking for Shredded Beef to get crispy (optional).