

Thousand Hills Lifetime Grazed

Ground Beef

Nutrition Facts	
4 servings per container	
Serving size	4 oz. (112g)
Amount per serving	
Calories	280
% Daily Value*	
Total Fat 22g	28%
Saturated Fat 9g	45%
Trans Fat 0g	
Cholesterol 80mg	27%
Sodium 75mg	3%
Total Carbohydrate 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 19g	
Iron 10%	
Not a significant source of dietary fiber, vitamin D, potassium and calcium.	
* 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.	