

# Nutrition Facts

Serving Size 1/2 cup (37g) dry mix  
(Makes 2/3 cup prepared)  
Servings Per Container About 22

Amount Per Serving

**Calories 230**

**Calories From Fat 140**

% Daily Value\*

Total Fat 16g 25%

Saturated Fat 6g 30%

Trans Fat 0g

Cholesterol 70mg 23%

Sodium 490mg 20%

Total Carbohydrate 0g 0%

Dietary Fiber 0g 0%

Sugars 0g

Protein 20g 40%

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 10%

\*Percent Daily Values (DV) 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	2,400mg	2,400mg
Total Carb.		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

## INGREDIENTS:

Cooked Ground Beef (beef, natural flavor, salt)

GLUTEN FREE

Serving sizes are based on USDA/FDA 'Reference Amounts Customarily Consumed' and are for comparison purposes. Your mileage will vary based on your metabolism and activity level. We recommend determining your caloric needs and basing your purchasing decisions on calories rather than 'servings'.

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MOUNTAIN HOUSE is a division  
of  
OFD Foods, Inc.  
Albany, Oregon 97321  
Toll-Free: (877) 366-3877