

MEATBALLS COOKED (1 OUNCE)

Description

Cooked Meatball

Benefits

Beef is a good source of protein, which helps build strong, muscular bodies. Beef contains zinc which promotes a healthy immune system and heal wounds. It also contains vitamin B12 and B6, which help release energy from food. The nutrients found in beef contribute to optimal growth, red blood cell development, cognitive function and preventing iron deficiency during youth.

Preparation & Cooking

Heat to an internal temperature of at least 160 degrees F.

Serving Suggestions

These cooked Meatballs are very versatile and can be served in a variety of ways

Packaging & Storage

Keep Frozen (≤ -18oC)

Ingredients

Beef, Water, Toasted Wheat Crumbs, Salt, Spices, Dehydrated Onion and Garlic, Vegetable Oil, Rosemary extract.

Kosher

No

Nutrition Facts	
Based on 100 (g) sample	
Amount Per Serving	
Calories	274.58
Total Fat	19.75g
Saturated Fat	8.21g
Trans-Fat	0.67g
Poly-Unsaturated Fats	--
Omega6 Fatty Acids	--
Omega3 Fatty Acids	--
Mono-Unsaturated Fats	--
Cholesterol	65.64mg
Sodium	567mg
Potassium	--
Carbohydrates	3.68g
Fiber	0.64g
Sugars	0.21g
Protein	18.6g
Vitamin A	0%
Vitamin C	0%
Calcium	23.52%
Iron	2.32%