



zaycon
FRESH



93/7 Lean Ground Beef

Our ground beef is 100% USA grown. The beef cattle have a grass diet up to 700 pounds, which is later supplemented by a grain diet (mostly consisting of corn, soybean and minerals) up to 1,300 pounds. The ground beef is processed at a USDA inspected, state-of-the-art plant employing strict protocols (including HACCP) and the highest in food-safety standards. Prior to processing, the USDA food and safety inspection service randomly samples cattle under a monitoring plan and performs testing for antibiotic residues.

USDA nutrition labeling standards defines "extra lean" and "lean" ground beef based on the lean/fat ratio. While not part of these guidelines, the term "super lean" is often used in the grocery sector to describe ground beef at the upper end of the "lean" category (i.e. "Fresh 93/7 Super Lean Ground Beef"). This ground beef product is 93% lean and 7% fat. Our ground beef can be enjoyed through many cooking options including casseroles, hamburgers, and stuffed bell peppers...you name it, the list is limitless.

- Comes fresh--never frozen!
- Comes in a 41lb case with four chubs per case.

Nutrition Facts			
Serving Size 3.95oz (112g)			
Amount Per Serving			
Calories	170	Calories from Fat 70	
		% Daily Values*	
Total Fat	8g		12%
Saturated Fat	3.5g		18%
Trans Fat	0g		
Cholesterol	70mg		23%
Sodium	75mg		3%
Total Carbohydrate	0g		0%
Dietary Fiber	0g		0%
Sugars	0g		
Protein	23g		46%
Iron 15%	•	Niacin 30%	
Vitamin B6 20%	•	Vitamin B12 40%	
Zinc 35%	•	Selenium 25%	
*Percent Daily Values 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	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g