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# Calories in Ground beef 81:19 Beef

## Nutrition Facts

### Ground beef 81:19 - Beef

1. Servings: 1.0

4 oz



Calories	280	Sodium	75 mg
Total Fat	21 g	Potassium	0 mg
Saturated	8 g	Total Carbs	0 g
Polyunsaturated	0 g	Dietary Fiber	0 g
Monounsaturated	0 g	Sugars	0 g
Trans	0 g	Protein	20 g
Cholesterol	80 mg		
Vitamin A	0%	Calcium	0%
Vitamin C	0%	Iron	0%

\*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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