



Certified Laboratories, Inc.

New York • California – Est. 1926

LAB SAMPLE #
902001A

GROUND BEEF IN SEALED PLASTIC PACKAGE

RDGBL2A

ANALYSIS PERFORMED ON AS IS BASIS

THIS REPORT IS A COMPILATION OF LABORATORY ANALYSIS & DATA

FOUND IN USDA HANDBOOK #8

Nutrition Facts

Serving Size 1 HAMBURGER 3 oz. (85 g)

Servings Per Container VARIED

Amount Per Serving

Calories 250 **Calories From Fat** 190

% Daily Value *

Total Fat 21g **32 %**

Saturated Fat 10g **50 %**

Trans Fat 0g

Cholesterol 65mg **22 %**

Sodium 65mg **3 %**

Total Carbohydrate 0g **0 %**

Dietary Fiber 0g **0 %**

Sugars 0g

Protein 15g

Vitamin A 0 % • Vitamin C 0 %

Calcium 2 % • Iron 8 %

* 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	2,400m	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

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The format of this Nutrition Facts report is a guideline for label design based on FR:58;3 and is not intended as a camera ready document for labeling purposes.

18-Oct-05