

# Freeze Dried Beef Chunks

**Discard Oxygen Absorber After Opening**

## PREPARATION:

Mix 1/2 cup of Freeze-Dried Beef Chunks to 1 cup boiling water. Let sit 5 minutes and drain off excess liquid. Yields 1/2 cup of beef chunks.

Use as you would cooked beef. Use in meat pies, stews, soups, sandwiches, etc.

## INGREDIENTS:

Freeze-dried cooked beef chunks (beef, salt).

Makes about 19 one-half cup servings.

**OXYGEN ABSORBER ADDED.**

**OXYGEN ABSORBER NOT FOR HUMAN CONSUMPTION**

## Nutrition Facts

Serving Size 1/2 cup dry (24g)  
Servings Per Container About 19

Amount Per Serving	
<b>Calories 130</b>	Calories from Fat 40
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	<b>% Daily Value*</b>
<b>Total Fat 4.5g</b>	7%
Saturated Fat 2g	10%
Trans Fat 0g	
<b>Cholesterol 55mg</b>	18%
<b>Sodium 430mg</b>	18%
<b>Total Carbohydrate 0g</b>	0%
Dietary Fiber 0g	0%
Sugars 0g	
<b>Protein 17g</b>	

Vitamin A 0% • Vitamin C 0%  
Calcium 0% • Iron 10%

\* Percent Daily Values are based on a 2,500 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 Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



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