

LONGHORN BEEF RIB EYE

Nutrition Facts

Serving Size 3 oz (85g)
Serving Per Container 5

Amount Per Serving

Calories 113 **Calories from Fat** 41

% Daily Value*

Total Fat 4.5g **7%**

Saturated Fat 2.6g **13%**

Trans Fat 0.3g

Polyunsaturated Fat 0.1g

Monounsaturated Fat 1.3g

Cholesterol 54mg **18%**

Total Carbohydrates 0g **0%**

Protein 18g

Omega-3 Fatty Acids 43mg

Omega-6 Fatty Acids 82mg

Omega-9 Fatty Acids 1.2g

** Percent Daily Values are based on a 2,000 calorie diet*

LONGHORN BEEF SIRLOIN

Nutrition Facts

Serving Size 3 oz (85g)
Serving Per Container 8

Amount Per Serving

Calories 141 **Calories from Fat** 71

% Daily Value*

Total Fat 8g **19%**

Saturated Fat 4g **18%**

Trans Fat 0.5g

Polyunsaturated Fat 0.2g

Monounsaturated Fat 3g

Cholesterol 49mg **16%**

Total Carbohydrates 0.3g **0%**

Protein 18g

Omega-3 Fatty Acids 75mg

Omega-6 Fatty Acids 148mg

Omega-9 Fatty Acids 2.7g

** Percent Daily Values are based on a 2,000 calorie diet*

LONGHORN GROUND BEEF

Nutrition Facts

Serving Size 3 oz (85g)
Serving Per Container 5

Amount Per Serving

Calories 111 **Calories from Fat** 36

% Daily Value*

Total Fat 4g **6%**

Saturated Fat 2.3g **11%**

Trans Fat 0.3g

Polyunsaturated Fat 0.1g

Monounsaturated Fat 1.3g

Cholesterol 52mg **17%**

Total Carbohydrates 1g **0.4%**

Protein 18g

Omega-3 Fatty Acids 32mg

Omega-6 Fatty Acids 90mg

Omega-9 Fatty Acids 1.1g

** Percent Daily Values are based on a 2,000 calorie diet*

LONGHORN BEEF CUTLET

Nutrition Facts

Serving Size 3 oz (85g)
Serving Per Container 8

Amount Per Serving

Calories 86 **Calories from Fat** 9

% Daily Value*

Total Fat 1g **2%**

Saturated Fat 0.4g **2%**

Trans Fat 0g

Polyunsaturated Fat 0g

Monounsaturated Fat 0.4g

Cholesterol 49mg **16%**

Total Carbohydrates 0g **0%**

Protein 19g

Omega-3 Fatty Acids 16mg

Omega-6 Fatty Acids 35mg

Omega-9 Fatty Acids 407mg

** Percent Daily Values are based on a 2,000 calorie diet*