



13
SERVINGS



SHELF LIFE UP TO
25 YEARS

Shelf Life: Best when stored in a cool dry place at temperatures between 55° and 70° F (ideal humidity 15%).

Shelf life estimates are based on industry studies from sources deemed reputable. Since Augason Farms has no control over individual storage practices, they must disclaim any liability or warranty for particular results.

FOOD STORAGE

EMERGENCY

EVERYDAY FOOD

Freeze Dried Beef Chunks

Nutrition Facts

Serving Size: 1/2 Cup (34g dry)
Servings Per Container: 13

Amount Per Serving	
Calories 160	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 2.5g	14%
Trans Fat 0g	
Cholesterol 65mg	22%
Sodium 530mg	22%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 27g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 15%

*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	

Calories per gram: Fat 9 Carbs 4 Protein 4

DIRECTIONS:

Yield: 1/2 cup of beef chunks with flavor, taste and color of fresh beef.

1. Mix 1/2 cup of beef chunks to 1/2 cup of water.
2. Let stand one minute.
3. Drain off excess water and use as you would regular cooked beef.

Use in meat pies, stews, soups, sandwiches, etc.

Refrigerate after opening.

INGREDIENTS: Freeze dried cooked beef chunks.

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