

Certificate of Analysis

GARDEN MANOR FARMS
F-11 HUNTS POINT CO-OP MKT.
BRONX, NY 10474
ATT: ROBERT RICCIO

PRINT DATE:2/8/2019
REPORT DATE:2/8/2019

LAB # 57999 **GROUND BEEF, 2LB. SAMPLE, RAW 85%**

DATE RECEIVED 01/24/2019

LOT #: 24

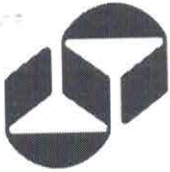
Servings Per Container 9
Serving Size for Calculation 100.0g
Reference Value 110g (ENTREE W/OUT SAUCE R-T-C)
Household Measure 3.5 OZ (100g)

	Per 100g	Per serving	Daily Value (DV)
Calories	203	200	
Calories from fat	131	130	
Total Fat	14.59 g	15 g	19%
Saturated Fat	47 % of fat	7 g	35%
Monounsaturated Fat	46 % of fat	7 g	
Polyunsaturated Fat	2 % of fat	0 g	
Trans Fat	5 % of fat	0.5 g	
Cholesterol	59 mg	60 mg	20%
Moisture	66.58 g		
Ash	0.89 g		
Sodium	59.5 mg	60 mg	3%
Total Carbohydrate	0.00 g	0 g	0%
*Dietary Fiber	0.0 g	0 g	0%
Total Sugars	0.0 g	0 g	
*Added Sugars	0.0 g	0 g	0%
Protein	18.74 g	19 g	
Calcium	4.73 mg	0 mg	0%
Iron	2.13 mg	2.1 mg	10%
Potassium	329 mg	330 mg	8%
Vitamin D	0 mcg	0 mcg	0%

Martin Mitchell
Managing Director

END OF REPORT

* Based in part on information provided.



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LAB # 57999 GROUND BEEF, 2LB. SAMPLE, RAW 85%

Nutrition Facts

9 Servings per Container

Serving Size 3.5 OZ (100g)

Amount Per Serving

Calories 200

% Daily Value*

Total Fat 15g 19%

Saturated Fat 7g 35%

Trans Fat 0.5g

Cholesterol 60mg 20%**Sodium** 60mg 3%**Total Carbohydrate** 0g 0%

Dietary Fiber 0g 0%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 19g

Vitamin D 0mcg 0%

Calcium 0mg 0%

Iron 2.1mg 10%

Potassium 330mg 8%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.