

Certificate of Analysis

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

PRINT DATE: 04/05/2018
REPORT DATE: 04/05/2018

LAB # BQ19350

FRESH BEEF TOP ROUND, 2 LB. SAMPLE, RAW

DATE RECEIVED 04/04/2018

TEST DATE: 3/22/2018 PACK DATE: 3/15/2018

LOT #: LOT# 81

Servings Per Container

8

Serving Size For Calculation

112.0 g

Reference Value

110g (ENTREE W/OUT SAUCE R-T-C)

Household Measure

4 OZ (112g)

	Per 100g	Per Serving	Daily Value (DV)
Calories	102	110	
Calories from fat	14	15	
Total Fat	1.5 g	1.5 g	2 %
Saturated Fat	45 % of Fat	1 g	5 %
Monounsaturated Fat	47 % of Fat	1 g	
Polyunsaturated Fat	2 % of Fat	0 g	
Trans Fat	6 % of Fat	0 g	0 %
Cholesterol	47 mg	55 mg	18 %
Moisture	75.5 g		
Ash	0.95 g		
Sodium	48.5 mg	55 mg	2 %
Total Carbohydrate	0.1 g	0 g	0 %
Dietary Fiber*	0 g	0 g	0 %
Total Sugars	0.1 g	0 g	
Added Sugars*	0 g	0 g	0 %
Protein	21.95 g	25 g	
Calcium	4.1 mg	0 mg	0 %
Iron	2 mg	2.24 mg	10 %
Potassium	406 mg	460 mg	10 %
Vitamin D	0 mcg	0 mcg	0 %

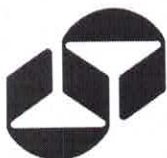
Martin Mitchell
Managing Director

END OF REPORT

* Based in part on information provided by you, the client.

Page 1 of 2

This report may not be reproduced for advertising or trade purposes over our signature or in connection with our name without prior written approval. Our letters and reports apply only to sample tested and we make no guarantee that this sample is representative of the product/lot as whole.



Certificate of Analysis

LAB # BQ19350 FRESH BEEF TOP ROUND, 2 LB. SAMPLE, RAW

Nutrition Facts

8 Servings per Container

Serving Size

4 OZ (112g)

Amount Per Serving

Calories**110**

% Daily Value*

Total Fat 1.5g	2%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 55mg	2%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 25g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 2.24mg	10%
Potassium 460mg	10%

* 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.