

# Slow Roasted BBQ Beef

## Ingredients

Beef, Sauce, dipping, Totally BBQ, squeeze btl, Sugar, Olive Oil, Seasoning, Liquid Aminos, Seasoning, Cajun.

## Nutrients per serving

<b>Nutrition Facts</b>	
Serving Size 3 ounce (104g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 220</b>	<b>Calories from Fat 130</b>
% Daily Value*	
<b>Total Fat 15g</b>	<b>23%</b>
Saturated Fat 4g	<b>20%</b>
Trans Fat 0g	
<b>Cholesterol 45mg</b>	<b>15%</b>
<b>Sodium 1320mg</b>	<b>55%</b>
<b>Total Carbohydrate 8g</b>	<b>3%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 7g	
<b>Protein 12g</b>	
Vitamin A 0%	• Vitamin C 40%
Calcium 8%	• Iron 8%
*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
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300 mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	