

Dilgard Beef

Select Prime Rib-Rare, Frozen



Dilgard #
M06423 **FROZEN**



PRODUCT INFORMATION

The primal rib is that portion of that forequarter remaining after excluding the cross-cut chuck and short plate and shall contain seven pairs of ribs (6th to 12th inclusive). The posterior tip of the blade bone (scapula), and the thoracic vertebrae remain attached to the ribs. The loin end shall follow the natural curvature of the 12th rib. The chuck is excluded by a straight cut between the 5th and 6th ribs. The short plate is excluded by a straight cut with is ventral to, but not more than 6.0 inches (15.0 cm) from the longissimus dorsi at the loin end, to a point on the chuck end ventral to, but not more than 10.0 inches (25.4 cm) from the longissimus dorsi. The diaphragm and fat on the ventral surface of the vertebrae shall be excluded.

Packaging

1, 14 lb Random Weight

Storage

KEEP FROZEN

Shelf Life

Refrigerated 2-3 days, Freezer 6-12 Months



Nutritional

Calories: 64
Calories from fat:30
Total Fat: 3.31g
Saturated fat: 1.34g
Cholesterol: 23mg
Protein: 7.94
Calcium: 3.67mg
Iron .73mg
Sodium: 20mg

Beef Facts: Many of America's favorite cuts such as

Top Sirloin, Tenderloin, Strip Steak and 93 percent lean or leaner Ground Beef are lean. Lean beef cuts all have less than 10 grams of total fat, 4.5 grams or less of saturated fat, and less than 95 milligrams of cholesterol per 3 ½ oz cooked serving.