

Dilgard Beef

Cooked Corned Beef Flat, Halved

Dilgard #
M06560 **FROZEN**



PRODUCT INFORMATION

This corned outside round shall consist of the biceps femoris muscle and may contain the gluteus medius, gluteus accessories and gluteus profundus muscles. If the gluteus medius muscle is present, then the exposed biceps femoris muscle at the loin end shall be equal to or larger in size than the gluteus medius muscle face. The outside round is separated from the top round, knuckle, heel and semitendinosus or eye of the round, between the natural muscle seams. All bones, cartilages, sacrosciatic ligament and the lean and fat that overlaid the ligament, the opaque heavy connective tissue or silver skin along the ventral side as well as the popliteal lymph gland, shall be removed from this product. The fat cover, unless otherwise specified, shall not exceed 0.25 inch (6 mm) average depth or 0.5 inch (13 mm) at any one point.

Packaging

2, 13 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.