



SWIFT

050562 - Beef Frs B/I Short Rib Ch 3 Bone 5.

Beef Short Ribs are one of the most versatile cuts of beef because of the many cooking methods and eating occasions they are good for. A favorite among households and chefs for their rich, juicy texture. This is a great cut of beef to experiment with new cooking methods and food pairings or sticking with your favorite recipe.



* Benefits

Nutrition Facts

Servings per Container 13
Serving size 4ozs (113.4g)

Amount per serving
Calories 360

	% Daily Value*
Total Fat 32g	49%
Saturated Fat 14g	70%
Trans Fat 0g	
Cholesterol 85mg	28%
Sodium 60mg	3%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugar	0%
Protein 18g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%

* 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.

Ingredients

Beef

⚠ Allergens

Free From:

- crustaceans
- shellfish
- eggs
- fish
- milk
- peanuts
- sesame
- soy
- tree nuts
- wheat

Handling Suggestions

Cook or freeze fresh beef within 3 to 5 days. Wrap securely to maintain quality and to prevent meat juices from getting onto other food. To maintain quality when freezing in its original package, wrap the package again with foil or plastic wrap that is recommended for the freezer. Thaw all frozen meats in the refrigerator. This will preserve flavor and tenderness. Meats should be left in their sealed wrappers while thawing. Once thawed, remove the meat from its wrapper, pat it dry using a clean paper towel, and place it back in the refrigerator to continue drying the surface of the meat. A dry meat surface results in a superior sear when the meat is cooked at high heat.

Serving Suggestions

4.0 oz

Prep & Cooking Suggestions

Grill or braise until internal temperature is 160F for a variety of dishes.

📄 Product Specifications

Brand	Manufacturer	Product Category
SWIFT	JBS USA, LLC - Beef	Beef

MFG #	SPC #	GTIN	Pack	Pack Desc.
21232	050562	90076338212326	5	5 / 2 / 2 cs

Gross Weight	Net Weight	Catch Weight	Country of Origin	Kosher	Child Nutrition
53lb	53lb	Yes	USA		No

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
23.63in	19.25in	9.13in	2.4ft3	4x7	28DAYS	28°F / 34°F



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Nutrition Analysis - By Serving

Calories	360	Total Fat	32g	Sodium	60mg
Protein	18	Trans Fats	0g	Calcium	0mg
Total Carbohydrates...	0g	Saturated Fat	14g	Iron	0mg
Sugars	0g	Added Sugars	0g	Potassium	0mg
Dietary Fiber	0g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	85mg		
Vitamin A(IU).	0	Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C	0mg	Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

Additional Images

