



## Harris Ranch Fully Cooked Boneless Beef BBQ Short Ribs

Harris Ranch Boneless Beef Short Ribs are made from lean chuck short ribs, with the bones removed for added value and convenience. The boneless ribs are slow cooked and combined with unique barbecue seasonings to produce incredibly tender beef in a tangy, slightly sweet and smoky barbecue sauce. Old fashioned comfort food with a modern twist.



### Product Features

- Our award winning precooked line provides an extensive range of products, from traditional, homestyle favorites to ethnic inspired entrees.
- Fully cooked products take just minutes in the microwave, a benefit for today's busy consumer.
- Harris Ranch fully cooked entrees are slow cooked producing tender beef and savory sauces.
- Produced exclusively from grain fed Harris Ranch beef.

### Nutrition Information

Nutrition Facts	
Serving Size: 5oz. Meat & Sauce (140g)	
Servings Per Container: About 3	
Amount Per Serving	
Calories 270	Calories from Fat 110
% Daily Value*	
<b>Total Fat</b> 13g	20%
Saturated Fat 5g	25%
Trans Fat 0.5g	
<b>Cholesterol</b> 85mg	28%
<b>Sodium</b> 600mg	25%
<b>Total Carbohydrate</b> 18g	6%
Dietary Fiber 1g	4%
Sugars 12g	
<b>Protein</b> 22g	
Vitamin A 0%	Vitamin C 6%
Calcium 2%	Iron 15%

\*Percent Daily Values are based on a diet of 2,000 calories. 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	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

### Heating Instructions

**MICROWAVE:** NOTE: MICROWAVE OVENS VARY IN HEATING EFFICIENCY. ADJUST RECOMMENDED HEATING TIMES AS NECESSARY. Remove clear plastic wrap from package. Tear off perforated strip from side of package sleeve. Cut two or three 1" slits in the top of the cooking pouch. Place pouch on a microwave safe dish or rigid surface. When heating, juices may disperse from pouch. Cover with paper towel if desired. Microwave on high for **4-6 MINUTES** depending upon microwave wattage. Let stand 2-3 minutes. CAUTION: BAG AND CONTENTS WILL BE VERY HOT.

**HOT WATER BATH:** Fill a large pan with 3 ½ quarts water and bring to a boil. Turn heat off and carefully place bag with contents into hot water (do not open or puncture bag). Leave package in hot water for 12-14 minutes. Remove bag with large tongs. CAUTION: BAG AND CONTENTS WILL BE VERY HOT. Let stand 2-3 minutes. Cut one end of bag with scissors and pour contents into serving dish.

**FROZEN:** Thaw in refrigerator overnight prior to heating or defrost in microwave (defrosting times will vary based on heating efficiency). Once thawed, follow one of the suggested heating instructions.

**INGREDIENTS:** BEEF, SEASONING (CANE SUGAR, CORN STARCH, DEHYDRATED VEGETABLES [TOMATO, ONION, BEET, GARLIC], WHITE DISTILLED VINEGAR POWDER [MALTODEXTRIN AND WHITE DISTILLED VINEGAR], SEA SALT, MOLASSES, EXTRACTIVES OF PAPRIKA, SPICES [INCLUDING MUSTARD], HONEY POWDER [MALTODEXTRIN, HONEY], NATURAL FLAVORS, WATER.

### Product Specifications

Product Code:	1162154
UPC Code:	0084706189146
Piece Weight:	16 oz.
Case Count:	8 trays per case
Case Weight:	8 lbs.
Case Size:	17.25" X 13.75" X 4.125"
Cases/Pallet:	96
Case Cube:	.57
High:	12
Tie:	8
Unit Tare:	.14
Shelf Life:	Minimum 35 days