

# GREEN DRAGON BEEF SHREDS

Product Code #16002 Commercial | #26002 Commodity



FULLY COOKED

## MAKE ROOM ON YOUR MENU FOR GREEN DRAGON SEASONED SHREDDED BEEF

Our Fully Cooked Seasoned Shredded Beef make meals amazing. Start with it for sandwiches, top off a perfect ethnic-inspired plate, or whenever your menu needs a hearty protein. Start with Green Dragon for fantastic finishes.







# GREEN DRAGON BEEF SHREDS

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- Great for speed scratch dishes
- Fully cooked
- Lightly seasoned
- Versatile ingredient for many menu items



## COOKING INSTRUCTIONS

1. Begin by tempering product until thawed
2. Once thawed pre heat oven to 350 degrees for convection ovens or 375 degrees for conventional ovens
3. Break up meat evenly into a deep pan and cover with foil
4. Cook, covered for 15 to 20 minutes or until meat has reached internal temperature of 165 degrees

Tip – If you find the product finishing slightly dry, add 1 cup of water to every 5 lb. package of meat. Add moisture to taste. Then, cover and heat to desired temperature.

## NUTRITION FACTS

Fully Cooked Seasoned Shredded Beef  
Serving Size 1 portion (111g/3.9oz.)

Amount Per Serving	
Calories 160	Calories from Fat 70
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 3g	14%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 3g	
Cholesterol 65mg	21%
Sodium 380mg	16%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 22g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 10%
Riboflavin 20%	

\* 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	300mg
Sodium	Less Than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Total Dietary Fiber	25g	30g

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

## INGREDIENTS

Beef, Water, contains less than 1 % of Salt, Sodium Phosphate, Natural Flavoring, Sugar.

## CN EQUIVALENCY

3.90 oz of Fully Cooked Shredded Beef provides 2.00 oz equivalent meat/meat alternate for the Child Nutrition Meal Pattern Requirements.

## PRODUCT INFORMATION

Fully Cooked Seasoned Shredded Beef  
Product Code #16002 - Commercial  
Product Code #26002 - Commodity

## PACKAGING INFORMATION

Serving Size: 3.90 oz.  
Portions per Case: 131  
Bags per Case: 4 bags of 8.02 lb  
Case Weight: 32.08 lb (Net Weight)  
34.08 lb (Gross Weight)  
Case Dimensions: L 21.75" x W 14.75" x H 4"  
Case Cube: 0.74 cuft  
Pallet Pattern: 10 Ti x 5 Hi  
Shelf Life: 365 days at 0°F ± -10°F

GET COOKING  
TODAY!  
CALL US AT  
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