



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 combined with unique barbecue seasonings and 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 3.5	
Amount Per Serving	
Calories 270	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 65mg	22%
Sodium 570mg	24%
Total Carbohydrate 17g	6%
Dietary Fiber 1g	4%
Sugars 11g	
Protein 22g	
Vitamin A 30%	Vitamin C 4%
Calcium 2%	Iron 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	Less than 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. Cut two or three 1" slits in the top of the cooking pouch. Place pouch and tray 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 4-7 minutes depending upon microwave wattage. Let stand 2-3 minutes. CAUTION: BAG AND CONTENTS WILL BE VERY HOT.

STOVE TOP: Open one end of cooking pouch and pour contents into saucepan. Warm on medium heat for approximately 10 minutes, stirring occasionally.

HOT WATER BATH: Fill a large pan with 3 1/2 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. If no time to thaw product, then follow microwave instructions and heat for 7-9 minutes.

Product Specifications

Product Code:	7966584
UPC Code:	0-84706-18914-6
Piece Weight:	17 oz.
Case Count:	8
Case Weight:	8.5 lb.
Case Size:	17" X 13.75" X 4.5"
Cases/Pallet:	60
Case Cube:	.61
High:	10
Tie:	6
Tare:	.1473

Shelf Life	90 days at Production 60 days at Retail
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INGREDIENTS: BEEF, SEASONINGS (EVAPORATED CANE JUICE, DEHYDRATED VEGETABLES (TOMATO, ONION, BEET, GARLIC), CORN STARCH, MALTODEXTRIN, SEA SALT, MOLASSES, SPICES, RICE STARCH, MALTED BARLEY FLOUR, RICE BRAN EXTRACT, NATURAL EXPPELLER PRESSED OLEORESIN PAPRIKA, NATURAL FLAVORS (INCLUDING HICKORY SMOKE), HONEY, VINEGAR), WATER.