Harris Ranch Fresh Seasoned Eye of Round Roast

Harris Ranch's Eye of Round Roast is already seasoned for your convenience. We use Pappy's traditional roast seasoning blend; a combination of salt, pepper, garlic and other choice seasonings. Ready for the grill or oven.

The eye of round is one of three cuts from the round section and it is the tenderest; the other two include the bottom round and top round.

Product Features

- Produced from the finest grain fed beef.
- We begin with closely trimmed Harris Ranch eye of round roast.
- Seasoned with Pappy's Choice blend using a vacuum tumbling method for superior tenderness and flavor throughout.
- Very convenient; no mess and quick to prepare.
- Each package includes a Pop-Up® timer for added convenience, and perfectly prepared beef every time.

Nutrition Information

Nutrition Facts
Serving Size 4 oz. (113g)
Servings Per Container: Varied

Amount per Serving	
Calories 140	Calories from Fat 30
	% Daily Value*
Total Fat 3.5g	**5%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 45mg	**15%**
Sodium 520mg	**22%**
Total Carbohydrate 0g	**0%**
Dietary Fiber 0g	**0%**
Sugars 0g	
Protein 25g	
Vitamin A 0% •	Vitamin C 0%
Calcium 2% •	Iron 10%

*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
Sat. 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

Seasoned Eye of Round Roast
Harris Ranch Beef Co. • Selma, CA 93662

SAFE HANDLING INSTRUCTIONS

THIS PRODUCT WAS PREPARED FROM INSPECTED AND PASSED MEAT. SOME FOOD PRODUCTS MAY CONTAIN BACTERIA THAT COULD CAUSE ILLNESS IF THE PRODUCT IS MISHANDLED OR COOKED IMPROPERLY. FOR YOUR PROTECTION, FOLLOW THESE SAFE HANDLING INSTRUCTIONS.

KEEP REFRIGERATED OR FROZEN. THAW IN REFRIGERATOR OR MICROWAVE.

KEEP RAW MEAT AND POULTRY SEPARATE FROM OTHER FOODS. WASH WORKING SURFACES (INCLUDING CUTTING BOARDS), UTENSILS, AND HANDS AFTER TOUCHING RAW MEAT OR POULTRY.

COOK THOROUGHLY.

KEEP HOT FOODS HOT. REFRIGERATE LEFTOVERS IMMEDIATELY OR DISCARD.

Ingredients: Beef, Salt, Granulated Garlic, Black Pepper, Caramel Color, Herbs and Spices, Sodium Acetate, Sodium Diacetate, Wheat Flour, Defatted Soy Flour, Nonfat Dry milk.

Contains: Wheat, Soybeans, Milk

Preferred Method-Grilling: Preheat grill to medium setting and place beef fat side up and to the side on cooking grate for approximately 15 minutes. Turn beef roast over and cook for an additional 15 minutes. Turn every 5 minutes thereafter until pop-up timer indicates roast is cooked to 122° F (timer will pop out at 122° F). Continue turning at 5-minute increments until you reach your desired degree of doneness. Doneness is determined by using either a meat thermometer or by cutting into the thickest portion of the roast and checking for color. If using a meat thermometer, cook until roast is 135° F for rare, 140° F for medium rare or 155° F for medium. Remove beef from grill and allow roast to stand for 5 - 10 minutes during which the temperature will rise approximately 5 degrees.

Oven Roasting: Preheat oven to 375° F. Place roast, fat side up in an oven-safe dish. Make sure pop-up timer is visible. Roast uncovered until desired level of doneness. (pop-up timer will pop at approximately 30-40 minutes in the oven; see above grilling instructions for determining doneness).

Questions or comments, call 1-800-742-1955, 8a-4p PST PO213 Rev11/06

Product Specifications

Product Code:	5116024
Piece Weight:	Random
Case Count:	4
Case Weight:	9 lb. Average
Case Size:	13.75" X 13" X 5.25"
Cases/Pallet	72
Case Cube:	.55
High:	9
Tie:	8
Package Tare:	.03
Shelf Life	Guaranteed 21 days