



Liffey Meats Fresh Beef Eye Round (1x2-3kg) (Approx)

Additional Information

Product Code	032669
Product Description	The eye round is removed from the silverside of the hindquarter. The eye round is PAD to ensure all fat is removed from the beef cut. Each piece is approx.2.0- 3.0kg.
Height (mm)	174.0000
Length (mm)	398.0000
Width (mm)	586.0000
Outer EAN 1	0
Storage Type	Chilled
Brand	Liffey Meats

Ingredients

Ingredients	Beef
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Dietary Information

Suitable for a Vegan Diet	No
Suitable for a Vegetarian Diet	No

Allergens

Celery	No
Gluten	No
Crustacea	No
Egg	No
Fish	No
Lupin	No
Milk	No
Molluscs	No
Mustard	No
Nuts	No
Peanuts	No
Sesame	No
SOYA	No
Sulphites	No

Nutritional Information

Carbohydrate Per 100g (g)	0
Carbohydrate of which Sugars per 100g (g)	0
Fat per 100g (g)	4.3
Fat of which Saturates per 100g (g)	1.6
Fibre per 100g	0
Energy per 100g (kcal)	134
Energy per 100g (kJ)	564
Protein per 100g (g)	23.8
Salt per 100g (g)	0.155

Disclaimer:

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