



72 Hour Seared Beef Short Ribs

Slow-cooked in their own juices for 72 hours, our extraordinarily moist short ribs feature intense flavor and delicate texture—the quintessential sous-vide dish.

Item Number: 1005255

Target Weight: 2.36 lb

Pack Size: 1 Piece/Pouch,
9 Pouches/Case, 9 Pieces/Case

Net Case Weight: 21.24 lb (average)

Ingredients: Beef Short Ribs, Blended Oil (canola oil, extra virgin olive oil), Kosher Salt, Black Pepper.

HEATING INSTRUCTIONS

From Frozen

Convection Oven: 70 minutes at 350°F

Combi Oven: 115 minutes at 140°F

From Thawed

Convection Oven: 50 minutes at 350°F

Combi Oven: 85 minutes at 140°F

NOTE: HEATING TIMES MAY VARY DUE TO MAKE, MODEL AND TEMPERATURE CALIBRATION OF EQUIPMENT. TO DEFROST THE PRODUCT, PLACE UNDER REFRIGERATION OVERNIGHT.

Nutrition Facts

Serving Size 3 Ounces (84g)
Servings Per Container Varied

Amount Per Serving

Calories 320 Calories from Fat 270

% Daily Value*

Total Fat 30g **46%**

Saturated Fat 13g **65%**

Trans Fat 0g

Cholesterol 65mg **22%**

Sodium 220mg **9%**

Total Carbohydrate 0g **0%**

Dietary Fiber 0g **0%**

Sugars 0g

Protein 12g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 8%

* 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



Experience Sous-Vide.

Scan this code to learn more about Cuisine Solutions and all the advantages of the sous-vide process.

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