

Beef Boerewors

South African Farm Sausage

Net Weight: 2 lb (896g)

Ingredients:

beef, salt, spices & spice extracts, dextrose, monosodium glutamate, sodium metabisulphite as preservative, vinegar, water, wocestershire sauce, natural sheep casing

Contains: Worcestershire Sauce
(Anchovies Allergen)

Safe Handling: This product was prepared from inspected and passed meat and/or poultry. Some food products may contain bacteria that could cause illness if the product

is mishandled or cooked improperly. For your protect follow these safe handling instructions. Keep refrigerated or frozen, thaw in refrigerator or microwave. Keep raw meat & poultry separate from other foods. Wash working surfaces (including cutting boards), utensils & hands after touching raw meat or poultry. Cook thoroughly. Keep hot foods hot, refrigerate leftovers immediately or discard.

Nutrition Facts	
Serving size	1 oz (28g)
Amount Per Serving	
Calories	90
	% Daily Value*
Total Fat 8g	10%
Saturated Fat 3.2g	16%
<i>Trans Fat</i> 0g	
Cholesterol 20mg	7%
Sodium 310mg	13%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 4g	8%
<small>Not a significant source of vitamin D, calcium, iron, and potassium</small>	
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	



Distributed By:
Cape Food & Beverage

Atlanta, GA

(770) 395-1255

www.southafricans.com

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South African Farm Sausage

Net Weight: 1 lb (448g)

Ingredients:

beef, salt, spices & spice extracts, dextrose, monosodium glutamate, sodium metabisulphite as preservative, vinegar, water, wocestershire sauce, natural sheep casing

Contains: Worcestershire Sauce
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Distributed By:
Fresh Market Island
St. Augustine, FL
(904) 417-0550

www.freshmarketisland.com

Traditional Boerewors

South African Farm Sausage

Nutrition Facts	
Serving Size 1 oz (28g)	
Amount Per Serving	
Calories 89	Calories from Fat 69
	% Daily Value*
Total Fat 7.5g	12%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 21mg	7%
Sodium 306mg	13%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 4g	8%
Vitamin A 10%	•
Calcium 5%	•
	Vitamin C 1%
	Iron 2%
*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 2400mg 2400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

Net Weight: 2 lb (896g)

Ingredients:

beef, pork, salt, spices & spice extracts, dextrose, monosodium glutamate, sodium metabisulphite as preservative, vinegar, water, wocestershire sauce natural pork casing

Contains: Worcestershire Sauce (Anchovies Allergen)

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