

Flat Iron

Nutritional Facts

Serving Size 3 oz. (85g) GRILLED

Servings per Container Varied

Amount Per Serving

Calories 189 **Calories from Fat** 98

% Daily Value *

Total Fat 11g **17%**

Saturated Fat 4g **22%**

Cholesterol 71mg **24%**

Sodium 65mg **3%**

Total Carbohydrate 0g **0%**

Dietary Fiber 0g **0%**

Sugars 0g **0%**

Protein 21g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 14%

Riboflavin 15% • Vitamin B6 16%

Vitamin B12 84% • Zinc 51%

* 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