

Petite Tender

Nutritional Facts

Serving Size 3 oz. (85g) GRILLED

Servings per Container Varied

Amount Per Serving

Calories 150 **Calories from Fat** 55

% Daily Value *

Total Fat 6g **9%**

Saturated Fat 2g **12%**

Cholesterol 66mg **22%**

Sodium 50mg **2%**

Total Carbohydrate 0g **0%**

Dietary Fiber 0g **0%**

Sugars 0g **0%**

Protein 22g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 12%

Riboflavin 13% • Vitamin B6 25%

Vitamin B12 73% • Zinc 30%

* 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