

## Ranch Steak

### Nutritional Facts

Serving Size 3 oz. (85g) GRILLED

Servings per Container Varied

#### Amount Per Serving

**Calories** 155      **Calories from Fat** 59

**% Daily Value \***

**Total Fat** 7g      **10%**

Saturated Fat 2g      **12%**

**Cholesterol** 65mg      **22%**

**Sodium** 51mg      **2%**

**Total Carbohydrate** 0g      **0%**

Dietary Fiber 0g      **0%**

Sugars 0g      **0%**

**Protein** 22g

Vitamin A 0%      •      Vitamin C 0%

Calcium 0%      •      Iron 13%

Riboflavin 15%      •      Vitamin B6 25%

Vitamin B12 70%      •      Zinc 40%

\* 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