

Western Griller

Nutritional Facts

Serving Size 3 oz. (85g) GRILLED

Servings per Container Varied

Amount Per Serving

Calories 155 **Calories from Fat** 54

% Daily Value *

Total Fat 6g **9%**

Saturated Fat 2g **11%**

Cholesterol 65mg **22%**

Sodium 49mg **2%**

Total Carbohydrate 0g **0%**

Dietary Fiber 0g **0%**

Sugars 0g **0%**

Protein 23g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 14%

Riboflavin 11% • Vitamin B6 29%

Vitamin B12 57% • Zinc 29%

* 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