

# RANCH STEAK

## Nutrition Facts

Serving Size 4.0 oz (113g) RAW

Servings Per Container Varied

### Amount Per Serving

**Calories** 160      Calories from Fat 60

**% Daily Value\***

**Total Fat** 7g      **10%**

Saturated Fat 2.5g      **11%**

**Cholesterol** 65mg      **22%**

**Sodium** 70mg      **3%**

**Total Carbohydrate** 0g      **0%**

Dietary Fiber 0g      **0%**

Sugars 0g

**Protein** 23g

Vitamin A 0%      • Vitamin C 0%

Calcium 0%      • Iron 15%

Riboflavin 16%      • Vitamin B6 37%

Vitamin B12 74%      • Zinc 42%

Niacin 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