

# BONELESS LOIN



## Nutrition Facts

Serving Size 4 oz. (112g)  
Servings Per Container Varied

Amount Per Serving

**Calories 170** **Calories from Fat 80**

% Daily Value\*

**Total Fat 9g** **13%**

**Saturated Fat 3g** **14%**

**Trans Fat 0g**

**Cholesterol 65mg** **22%**

**Sodium 220mg** **9%**

**Total Carbohydrate 2g** **1%**

**Dietary Fiber 0g** **0%**

**Sugars 0g**

**Protein 22g**

**Vitamin A 0%** • **Vitamin C 0%**

**Calcium 0%** • **Iron 4%**

**Thiamin 30%** • **Riboflavin 10%**

**Niacin 30%** • **Vitamin B6 35%**

**Folate 0%** • **Vitamin B12 10%**

**Phosphorus 30%** • **Magnesium 6%**

**Zinc 10%** • **Selenium 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
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		30g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4