

PORK BUTT



Nutrition Facts

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

Amount Per Serving

Calories 250 **Calories from Fat 170**

% Daily Value*

Total Fat 19g **29%**

Saturated Fat 7g **36%**

Trans Fat 0g

Cholesterol 70mg **23%**

Sodium 230mg **10%**

Total Carbohydrate 2g **1%**

Dietary Fiber 0g **0%**

Sugars 0g

Protein 17g

Vitamin A 0% • Vitamin C 2%

Calcium 0% • Iron 6%

Thiamin 50% • Riboflavin 20%

Niacin 25% • Vitamin B6 10%

Folate 0% • Vitamin B12 15%

Phosphorus 25% • Magnesium 4%

Zinc 20% • Selenium 0%

*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		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4