

PORK SHOULDER ROAST



Nutrition Facts

Serving Size 4 oz (112g)

Servings Per Container Varied

Amount Per Serving

Calories 180 **Calories from Fat** 80

% Daily Value*

Total Fat 9g **14%**

Saturated Fat 3g **16%**

Cholesterol 70mg **24%**

Sodium 270mg **11%**

Total Carbohydrate 2g **1%**

Protein 21g

Iron 8% • **Thiamin** 60%
Riboflavin 20% • **Niacin** 25%
Vitamin B6 25% • **Vitamin B12** 15%
Phosphorus 30% • **Magnesium** 6%
Zinc 20% • **Selenium** 45%

Not a significant source of trans fat, dietary fiber, sugars, vitamin A, vitamin c, calcium and folate.

*Percent Daily Values are based on a 2,000 calorie diet.