

# PORK TENDERLOIN



## Nutrition Facts

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

Amount Per Serving

**Calories 120**      **Calories from Fat 20**

% Daily Value\*

**Total Fat 2.5g**      **4%**

Saturated Fat 1g      **4%**

Trans Fat 0g

**Cholesterol 65mg**      **22%**

**Sodium 230mg**      **9%**

**Total Carbohydrate 2g**      **1%**

Dietary Fiber 0g      **0%**

Sugars 0g

**Protein 21g**

Vitamin A 0%      • Vitamin C 0%

Calcium 0%      • Iron 6%

Thiamin 70%      • Riboflavin 20%

Niacin 35%      • Vitamin B6 40%

Folate 0%      • Vitamin B12 8%

Phosphorus 30%      • Magnesium 6%

Zinc 15%      • Selenium 45%

\*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