

Nutrition Facts

Varies servings per container

Serving size 1 Steak (113g)

Amount per serving

Calories 150

% Daily Value*

Total Fat 5g 6%

Saturated Fat 1.5g 9%

Trans Fat 0g

Cholesterol 70mg 23%

Sodium 65mg 3%

Total Carbohydrate 0g 0%

Dietary Fiber 0g 0%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 24g

Vitamin D 0.3mcg 0%

Calcium 8mg 0%

Iron 3mg 15%

Potassium 409mg 8%

* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.