

Nutrition Facts

12 servings per container

Serving size 1 Steak (142g)

Amount per serving

Calories 190

% Daily Value*

Total Fat 6g **8%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 95mg **32%**

Sodium 90mg **4%**

Total Carbohydrate 0g **0%**

Dietary Fiber 0g **0%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

Protein 33g

Vitamin D 0.1mcg 0% • Calcium 7mg 0%

Iron 3mg 20% • Potassium 561mg 10%

* 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.