Nutrition Facts

Serving Size 1 piece, cooked yield from 1 lb raw meat, boneless 399g

Amount Per Serving

Calories 882 Calories from Fat 367

	% Daily Value*
Total Fat 41g	63%
Saturated Fat 5g	24%
Trans Fat	
Cholesterol 515mg	172%
Sodium 231mg	10%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 121g	

Vitamin A	0%	• Vitamin C	0%
Calcium	7%	• Iron	103%

*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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

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