

NUTRITIONAL FACTS

(12) 2-oz Fully Cooked Beef Medallions with Sauce Demi Glaze

Nutrition Facts	
Serving Size: 2 medallions in sauce (155g)	
Servings Per Container: 6	
Amount Per Serving	
Calories 200	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 75mg	25%
Sodium 600mg	25%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 28g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 15%
* 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 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

NUTRITIONAL FACTS

(12) 2-oz Fully Cooked Beef Medallions with Sauce Mushroom

Nutrition Facts	
Serving Size: 2 medallions in sauce (155g)	
Servings Per Container: 6	
Amount Per Serving	
Calories 170	Calories from Fat 70
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 65mg	22%
Sodium 520mg	22%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Sugars 2g	
Protein 24g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 15%
* 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
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Fat 9 • Carbohydrate 4 • Protein 4	