

# NUTRITIONAL FACTS

GEOFFREY ZAKARIAN

## Southwest Pepper Rubbed Pork Chops

<b>Nutrition Facts</b>	
Varied servings per container	
<b>Serving size</b>	<b>1 Chop (142g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>250</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 15g	<b>20%</b>
Saturated Fat 5g	<b>26%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 70mg	<b>23%</b>
<b>Sodium</b> 740mg	<b>32%</b>
<b>Total Carbohydrate</b> 4g	<b>1%</b>
Dietary Fiber 1g	<b>3%</b>
Total Sugars 1g	
Includes 1g Added Sugars	<b>1%</b>
<b>Protein</b> 25g	
Vitamin D 0.4mcg 2%	Calcium 20mg 0%
Iron 0.8mg 4%	Potassium 460mg 10%
<small>* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

### 12-5oz Southwest Pepper Rubbed Boneless Pork Chops

INGREDEINTS: Pork Chops, Marinade (Water, Dehydrated Peppers, Dehydrated Onion, Dehydrated Garlic, Salt, Onion Powder, Maltodextrin Sugar, Spices, Jalapeno Pepper Powder, Guar Gum, Parsley, Spice Extractives, Citric Acid

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## Chipotle BBQ Pork Chops

<b>Nutrition Facts</b>	
Varied servings per container	
<b>Serving size</b>	<b>1 Chop (142g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>250</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 14g	<b>17%</b>
Saturated Fat 3g	<b>15%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 70mg	<b>23%</b>
<b>Sodium</b> 660mg	<b>29%</b>
<b>Total Carbohydrate</b> 5g	<b>2%</b>
Dietary Fiber 1g	<b>3%</b>
Total Sugars 2g	
Includes 1g Added Sugars	<b>2%</b>
<b>Protein</b> 25g	
Vitamin D 0.8mcg 4%	Calcium 40mg 4%
Iron 1mg 6%	Potassium 470mg 10%

\* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### 12-5oz Chipotle BBQ Boneless Pork Chops

INGREDIENTS: Pork Chops, Marinade (Water, Dried Garlic, Dried Onions, Dried Tomatoes, Salt, Spices Including Chipotle, Sugar, Tomato Powder, Sodium Phosphates (8%), Molasses Powder, Paprika, Sodium Diacetate, Natural Smoke Flavor, Citric Acid.