

# NUTRITIONAL FACTS

HAPPY TO MEAT YOU

Seasoning Packet: 2 oz.

<b>Nutrition Facts</b>	
Serving Size 6 grams (1 tsp)	
Servings Per Container 20.5	
<b>Amount Per Serving</b>	
<b>Calories</b> 1	Calories from Fat 0
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 388mg	24%
<b>Total Carbohydrate</b> 0.16g	0%
Dietary Fiber 0.1g	0%
Sugars 0.2g	
<b>Protein</b> 0.19g	
<b>Vitamin A</b>	14%
<b>Vitamin C</b>	1%
<b>Iron</b>	1%
<b>Calcium</b>	1%

\*Percent Daily Values are based on a 2,000 calorie diet.

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## 6 oz. Sirloin Steak

### Nutrition Facts

Serving Size 6 oz

Amount Per Serving  
**Calories 342**

% Daily Values\*

**Total Fat** 21.62g 28%

Saturated Fat 8.721g 44%

*Trans* Fat -

Polyunsaturated Fat 0.822g

Monounsaturated Fat 9.253g

**Cholesterol** 80mg 27%

**Sodium** 88mg 4%

**Total Carbohydrate** 0g 0%

Dietary Fiber 0g 0%

Sugars 0g

**Protein** 34.53g

Vitamin D -

Calcium 41mg 3%

Iron 2.52mg 14%

Potassium 536mg 11%

Vitamin A 0mcg 0%

Vitamin C 0mg 0%

\* The % Daily Value (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.