

NUTRITIONAL FACTS

SWEET HERITAGE BY CARLA HALL

Premium Chicken Breakfast Sausage: 2 oz.

Nutrition Facts	
Serving Size of 2oz pan cooked (57g)	
Amount Per Serving	
Calories 100	Calories From Fat 45 (45%)
% Daily Value*	
Total Fat 5g	
Saturated Fat 1.5g	
Cholesterol 40mg	
Sodium 350mg	15%
Carbohydrate 1g	
Net carbs 1g	
Sugars 0g	
Fiber 0g	0%
Protein 13g	
Vitamin and minerals	
Vitamin A 30	4%
Vitamin C 1.2mg 30	2%
Calcium 20mg	2%
Iron 0.7 mg	2%
Fatty acids	
Amino acids	
• The Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	

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Premium Pork Sausage 2 oz links

Nutrition Facts	
Serving Size: 2 skillet cooked links (75g)	
Servings Per Container: 4	
Amount Per Serving	
Calories 280 Calories from Fat 225	
% Daily Value*	
Total Fat 25g	38%
Saturated Fat 9g	45%
Trans Fat 0g	
Cholesterol 70mg	23%
Sodium 750mg	31%
Total Carbohydrate 1g	0%
Protein 13g	
Iron 6%	
Not a significant source of Dietary Fiber, Sugars, Vitamin A, Vitamin C and Calcium	
* Percent Daily Values are based on a 2,000 calorie diet.	