

10154

HRBC: 1852297

Multi Column: Chuck Roll, Ch *

Source: Genesis

Servings Size: 100g

Servings Per Container: Varied

Multi-Column

Nutrients	Per Serving	Per 100g	Nutrients	Per Serving	Per 100g
Basic Components			Vitamin B12 (mcg)	1.79	1.79
Gram Weight (g)	100.00	100.00	Biotin (mcg)	--	--
Calories (kcal)	249.00	249.00	Vitamin C (mg)	0	0
Calories from Fat (kcal)	167.13	167.13	Vitamin D - IU (IU)	--	--
Calories from SatFat (kcal)	67.43	67.43	Vitamin D - mcg (mcg)	--	--
Protein (g)	19.14	19.14	Vitamin E - Alpha-Toco (mg)	0.41	0.41
Carbohydrates (g)	0	0	Folate (mcg)	10.00	10.00
Total Dietary Fiber (g)	0	0	Folate, DFE (mcg DFE)	10.00	10.00
Total Soluble Fiber (g)	0	0	Vitamin K (mcg)	1.60	1.60
Total Sugars (g)	0	0	Pantothenic Acid (mg)	0.56	0.56
Monosaccharides (g)	0	0	Minerals		
Disaccharides (g)	0	0	Calcium (mg)	16.00	16.00
Other Carbs (g)	0	0	Chromium (mcg)	--	--
Fat (g)	18.57	18.57	Copper (mg)	0.08	0.08
Saturated Fat (g)	7.49	7.49	Fluoride (mg)	--	--
Mono Fat (g)	7.95	7.95	Iodine (mcg)	--	--
Poly Fat (g)	0.71	0.71	Iron (mg)	1.73	1.73
Trans Fatty Acid (g)	--	--	Magnesium (mg)	19.00	19.00
Cholesterol (mg)	89.00	89.00	Manganese (mg)	0.01	0.01
Water (g)	61.78	61.78	Molybdenum (mcg)	--	--
Vitamins			Phosphorus (mg)	171.00	171.00
Vitamin A - IU (IU)	0	0	Potassium (mg)	290.00	290.00
Vitamin A - RE (RE)	0	0	Selenium (mcg)	19.90	19.90
Vitamin A - RAE (mcg)	0	0	Sodium (mg)	63.00	63.00
Carotenoid RE (RE)	0	0	Zinc (mg)	4.56	4.56
Retinol RE (RE)	0	0	Poly Fats		
Beta-Carotene (mcg)	0	0	Omega 3 Fatty Acid (g)	0.22	0.22
Vitamin B1 (mg)	0.06	0.06	Omega 6 Fatty Acid (g)	0.48	0.48
Vitamin B2 (mg)	0.14	0.14	Other Nutrients		
Vitamin B3 (mg)	4.33	4.33	Alcohol (g)	0	0
Vitamin B3 - Niacin Equiv (mg)	6.38	6.38	Caffeine (mg)	0	0
Vitamin B6 (mg)	0.42	0.42	Choline (mg)	79.90	79.90

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Nutrition Facts

Serving Size (100g)
Servings Per Container Varied

Amount Per Serving

Calories 250 Calories from Fat 170

% Daily Value*

Total Fat 19g	29%
Saturated Fat 7g	35%
Trans Fat --g	
Cholesterol 90mg	30%
Sodium 65mg	3%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	

Protein 19g

Vitamin A 0% • Vitamin C 0%

Calcium 2% • Iron 10%

*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