

10200

Item: 10200
 Source: Genesis
 Serving Size: 100g
 Servings Per Container: Varied

Multi Column: Beef Tender Chuck Choice
 Multi-Column

Nutrients	Per Serving	Per 100g	Nutrients	Per Serving	Per 100g
Basic Components			Vitamin B12 (mcg)	--	--
Gram Weight (g)	100.00	100.00	Biotin (mcg)	--	--
Calories (kcal)	131.00	131.00	Vitamin C (mg)	0	0
Calories from Fat (kcal)	46.62	46.62	Vitamin D - IU (IU)	--	--
Calories from SatFat (kcal)	19.03	19.03	Vitamin D - mcg (mcg)	--	--
Protein (g)	21.19	21.19	Vitamin E - Alpha-Toco (mg)	--	--
Carbohydrates (g)	0	0	Folate (mcg)	--	--
Total Dietary Fiber (g)	0	0	Folate, DFE (mcg DFE)	--	--
Total Soluble Fiber (g)	--	--	Vitamin K (mcg)	--	--
Total Sugars (g)	0	0	Pantothenic Acid (mg)	--	--
Monosaccharides (g)	--	--	Minerals		
Disaccharides (g)	--	--	Calcium (mg)	11.00	11.00
Other Carbs (g)	--	--	Chromium (mcg)	--	--
Fat (g)	5.18	5.18	Copper (mg)	--	--
Saturated Fat (g)	2.11	2.11	Fluoride (mg)	--	--
Mono Fat (g)	2.58	2.58	Iodine (mcg)	--	--
Poly Fat (g)	0.65	0.65	Iron (mg)	2.50	2.50
Trans Fatty Acid (g)	0.22	0.22	Magnesium (mg)	--	--
Cholesterol (mg)	67.00	67.00	Manganese (mg)	--	--
Water (g)	35.78	35.78	Molybdenum (mcg)	--	--
Vitamins			Phosphorus (mg)	--	--
Vitamin A - IU (IU)	11.00	11.00	Potassium (mg)	--	--
Vitamin A - RE (RE)	--	--	Selenium (mcg)	--	--
Vitamin A - RAE (mcg)	--	--	Sodium (mg)	82.00	82.00
Carotenoid RE (RE)	--	--	Zinc (mg)	--	--
Retinol RE (RE)	--	--	Poly Fats		
Beta-Carotene (mcg)	--	--	Omega 3 Fatty Acid (g)	--	--
Vitamin B1 (mg)	--	--	Omega 6 Fatty Acid (g)	--	--
Vitamin B2 (mg)	--	--	Other Nutrients		
Vitamin B3 (mg)	--	--	Alcohol (g)	--	--
Vitamin B3 - Niacin Equiv (mg)	--	--	Caffeine (mg)	--	--
Vitamin B6 (mg)	--	--	Choline (mg)	--	--

Beef Tender Chuck Choice

Nutrition Facts

Serving Size (100g)
Servings Per Container Varied

Amount Per Serving

Calories 130 **Calories from Fat 45**

% Daily Value*

Total Fat 5g **8%**

 Saturated Fat 2g **10%**

 Trans Fat 0g

Cholesterol 65mg **22%**

Sodium 80mg **3%**

Total Carbohydrate 0g **0%**

 Dietary Fiber 0g **0%**

 Sugars 0g

Protein 21g

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