



02/09/2016

Gelsinger Meats - Tasso Pork 2 - 3lbs

Reference: pork roast, shoulder, whole, raw, lean USDA SR-27 (7% fat)

Nutrition Facts

Serving Size 2 oz (57g)
Servings Per Container Varied

Amount Per Serving	
Calories 90	Calories from Fat 40
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 550mg	23%
Total Carbohydrate 2g	1%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 11g	
Vitamin A 10%	Vitamin C 0%
Calcium 0%	Iron 6%

*Percent Daily Values are based on a diet of 2,000 calories. Your daily values may be higher or lower depending on your calorie needs:
Calories: 2,000

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

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Pork, Water, Salt, Brown Sugar, Sodium Phosphate, Sodium Erythorbate and Sodium Nitrite. Coated with Spices, Paprika and Dried Garlic.

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