

Polish Sausage

Number of Servings: 1 (85.05 g per serving)

Ingredient	Comments
Sausage, polish, pork, each, 10"x1	no allergens; contains pork

Nutrition Facts	
Serving Size About 1 Piece (85g)	
Servings Per Container	
Amount Per Serving	
Calories 280	Calories from Fat 220
% Daily Value*	
Total Fat 24g	37%
Saturated Fat 9g	45%
Cholesterol 60mg	20%
Sodium 750mg	31%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Sugars --g	
Protein 12g	
Vitamin A 0%	• Vitamin C 2%
Calcium 2%	• Iron 6%
*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 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Provided by: St. Norbert College Dining Services using ESHA Food Processor 10.0 software

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