

## Sliced Pork Loin

Number of Servings: 1 (56.7 g per serving)

Weight: 56.7 g

Amount	Measure	Ingredient	Comments
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<b>Nutrition Facts</b>			
Serving Size one 2 ounce slice (57g)			
Servings Per Container			
<b>Amount Per Serving</b>			
<b>Calories</b> 60	<b>Calories from Fat</b> 10		
% Daily Value*			
<b>Total Fat</b> 1g			<b>2%</b>
Saturated Fat 0g			<b>0%</b>
Trans Fat 0g			
<b>Cholesterol</b> 35mg			<b>12%</b>
<b>Sodium</b> 30mg			<b>1%</b>
<b>Total Carbohydrate</b> 0g			<b>0%</b>
Dietary Fiber 0g			<b>0%</b>
Sugars 0g			
<b>Protein</b> 12g			
Vitamin A 0%	•	Vitamin C 0%	
Calcium 0%	•	Iron 4%	
*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
Calories per gram:			
	Fat 9	• Carbohydrate 4	• Protein 4

**Notes:**

no allergens