



Red Roast

Nutrition Facts

Serving Size 1 1/2 cup (334 grams)
 Servings Per Container 8

Amount Per Serving

Calories 250 **Calories from Fat** 90

% Daily Value*

Total Fat 10g	15%
Saturated Fat 1.5g	7%
Trans Fat 0g	
Cholesterol 15mg	4%
Sodium 520mg	22%
Total Carbohydrate 32g	11%
Dietary Fiber 4g	17%
Sugars 8g	

Protein 10g

Vitamin A 30% • Vitamin C 100%

Calcium 4% • 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
Sat 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