



Roast Pork with Garlic and Red Pepper

Nutrition Facts			
Serving Size about 1 cup (150 grams)			
Servings Per Container 8			
Amount Per Serving			
Calories 250	Calories from Fat 170		
% Daily Value*			
Total Fat 19g	30%		
Saturated Fat 2.5g	11%		
Trans Fat 2g			
Cholesterol 30mg	10%		
Sodium 580mg	24%		
Total Carbohydrate 18g	6%		
Dietary Fiber less than 1g	3%		
Sugars 4g			
Protein 15g			
Vitamin A 20%	• Vitamin C 15%		
Calcium 0%	• Iron 10%		
* 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