Hot and Bothered Beef

Nutrition Facts

Serving Size 1 oz (28g)
Servings Per Container About 2

Amount Per Serving

Calories 80	Calories from Fat 10
	% Daily Value*
Total Fat 1.5g	**2%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 25mg	**8%**
Sodium 350mg	**14%**
Total Carbohydrate 6g	**2%**
Dietary Fiber 0g	**0%**
Sugars 5g	
Protein 10g	**20%**

Vitamin A 0% • Vitamin C 0%
Calcium 2% • 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	65 g	80 g
Sat Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g

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

Sweet and Spicy Beef

Nutrition Facts

Serving Size 1 oz (28g)
Servings Per Container About 2

Amount Per Serving

Calories 80	Calories from Fat 15
	% Daily Value*
Total Fat 1.5g	**2%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 25mg	**8%**
Sodium 380mg	**16%**
Total Carbohydrate 6g	**2%**
Dietary Fiber 0g	**0%**
Sugars 5g	
Protein 10g	**20%**

Vitamin A 0% • Vitamin C 0%
Calcium 2% • 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	65 g	80 g
Sat Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g

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

Sweet and Spicy Turkey

Nutrition Facts

Serving Size 1 oz (28g)
Servings Per Container About 2

Amount Per Serving

Calories 70	Calories from Fat 0
	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 25mg	**9%**
Sodium 340mg	**14%**
Total Carbohydrate 5g	**2%**
Dietary Fiber 0g	**0%**
Sugars 5g	
Protein 11g	**22%**

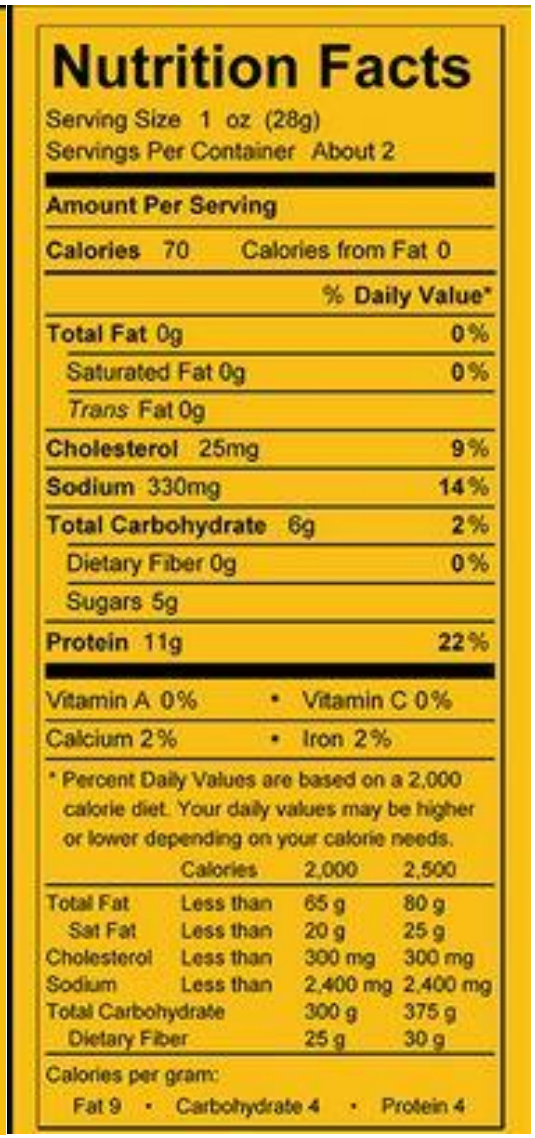
Vitamin A 0% • Vitamin C 0%
Calcium 2% • Iron 2%

* 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	65 g	80 g
Sat Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g

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

Teriyaki Turkey



Nutrition Facts

Serving Size 1 oz (28g)
Servings Per Container About 2

Amount Per Serving

Calories 70	Calories from Fat 0
	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 25mg	**9%**
Sodium 330mg	**14%**
Total Carbohydrate 6g	**2%**
Dietary Fiber 0g	**0%**
Sugars 5g	
Protein 11g	**22%**

Vitamin A 0% • Vitamin C 0%
Calcium 2% • Iron 2%

* 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	65 g	80 g
Sat Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g

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