

# Beef Brisket in Fire Roasted Onion Sauce

## Nutrition Facts

Serving Size: 5 OZ. SERVING (140g)

Servings Per Container: About 3.5

### Amount Per Serving

**Calories** 140

**Calories** from Fat 35

% Daily Values \*

**Total Fat** 4 g 6 %

Saturated Fat 1.5 g 8 %

Trans Fat 0 g

Polyunsaturated Fat 0 g

Monounsaturated Fat 2.5 g

**Cholesterol** 55 mg 18 %

**Sodium** 450 mg 19 %

**Total Carbohydrate** 6 g 2 %

Dietary Fiber 0 g 0 %

Sugars 3 g

**Protein** 20 g 38 %

Vitamin A 0 % Vitamin C 0 %

Calcium 0 % Iron 10 %

\* Percent Daily Values are based on a 2,000 calorie diet.