

# FC Beef Tips & Gravy

## Nutrition Facts

Serving Size: 5 OZ. SERVING (140g)

Servings Per Container: About 3.5

### Amount Per Serving

**Calories** 200

**Calories from Fat** 110

% Daily Values \*

**Total Fat** 12 g 18 %

Saturated Fat 4.5 g 23 %

Trans Fat N/A

Polyunsaturated Fat N/A

Monounsaturated Fat N/A

**Cholesterol** 55 mg 18 %

**Sodium** 530 mg 22 %

**Total Carbohydrate** 5 g 2 %

Dietary Fiber 0 g 0 %

Sugars 1 g

**Protein** 17 g 34 %

Vitamin A 0 % Vitamin C 0 %

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
Protein		50g	63g

Calories per gram:

Fat 9

Carbohydrate 4

Protein 4