

FC Pork Roast and Gravy

Nutrition Facts

Serving Size: 5 OZ SERVING (140g)

Servings Per Container: About 3.5

Amount Per Serving	
Calories 190	Calories from Fat 90
% Daily Values *	
Total Fat 10 g	18 %
Saturated Fat 4 g	20 %
Trans Fat N/A	
Polyunsaturated Fat N/A	
Monounsaturated Fat N/A	
Cholesterol 55 mg	18 %
Sodium 590 mg	25 %
Total Carbohydrate 5 g	2 %
Dietary Fiber 0 g	0 %
Sugars 1 g	
Protein 19 g	38 %
Vitamin A 0 %	Vitamin C 0 %
Calcium 4 %	Iron 6 %

* 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