

11/14/2014

# Nutrition Facts

Serving Size 1 Steak (64g)  
Servings Per Container About 208

Amount Per Serving

**Calories** 120    **Calories from Fat** 60

% Daily Value\*

**Total Fat** 7g    **11%**

**Saturated Fat** 2.5g    **13%**

**Trans Fat** 0g

**Cholesterol** 30mg    **10%**

**Sodium** 350mg    **15%**

**Total Carbohydrate** 4g    **1%**

**Dietary Fiber** 0g    **0%**

**Sugars** 0g

**Protein** 11g

Vitamin A 0%    • Vitamin C 0%

Calcium 2%    • Iron 8%

\*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
Saturated 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

**INGREDIENTS:** Beef, Water, Foran Salisbury Steak 101387, RESPONSE 4402\_SOLAE\_TVP FLAKE Textured Vegetable Protein (Soy Protein Concentrate, Caramel Color).

Contains Soy, Wheat.