

Nutrition Facts

Valeur nutritive

Per 100 g / par 100 g

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 110	
Fat / Lipides 3 g	5 %
Saturated / saturés 1 g	5 %
+ Trans / trans 0 g	
Polyunsaturated / polyinsaturés 0.2 g	
Omega-6 / oméga-6 0.2 g	
Omega-3 / oméga-3 0 g	
Monounsaturated / monoinsaturés 0.8 g	
Cholesterol / Cholestérol 75 mg	25 %
Sodium / Sodium 120 mg	5 %
Potassium / Potassium 310 mg	9 %
Carbohydrate / Glucides 0 g	0 %
Fibre / Fibres 0* g	0* %
Sugars / Sucres 0* g	
Protein / Protéines 21 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0* %
Calcium / Calcium	0 %
Iron / Fer	8 %

Simulated Cdn. NFT3.1B (Values Only)

Maxxam Client#: 17137 1.5
Maxxam Job#: A720550
Maxxam Sample#: R19204
Maxxam Sample Desc: FORSHANK
Serving Size: 100 g
Ref. Amount: 125g

Claims:

- Source of energy
- Low in saturated fat
- Free of trans fat
- Extra lean
- Source of iron

nb: "lean" claims for meat/poultry/seafood
(see table following B.01.513 items 46 & 47).
Any vitamin or mineral claims are from the CFIA
Guide to Food Labelling and Advertising (chapter 7).

* Table values marked with '**' were not lab
tested (claims marked with '**' involve
non-tested table values), or not supplied.

[Click here to Recalculate Table](#)

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