

# Nutrition Facts

## Valeur nutritive

Per 100 g / par 100 g

Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories</b> 150	
<b>Fat / Lipides</b> 7 g	<b>11 %</b>
Saturated / saturés 3 g	<b>16 %</b>
+ Trans / trans 0.2 g	
Polyunsaturated / polyinsaturés 0.2 g	
Omega-6 / oméga-6 0.2 g	
Omega-3 / oméga-3 0 g	
Monounsaturated / monoinsaturés 0.7 g	
<b>Cholesterol / Cholestérol</b> 80 mg	<b>27 %</b>
<b>Sodium / Sodium</b> 100 mg	<b>4 %</b>
<b>Potassium / Potassium</b> 290 mg	<b>8 %</b>
<b>Carbohydrate / Glucides</b> 0 g	<b>0 %</b>
Fibre / Fibres 0* g	<b>0* %</b>
Sugars / Sucres 0* g	
<b>Protein / Protéines</b> 21 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0* %
Calcium / Calcium	0 %
Iron / Fer	6 %

Simulated Cdn. NFT3.1B (Values Only)

Maxxam Client#: 17137 1.5

Maxxam Job#: A720550

Maxxam Sample#: R19207

Maxxam Sample Desc: RIB

Serving Size: 100 g

Ref. Amount: 125g

Claims:

-Source of energy

-Low in sodium or salt

-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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