

# Seared and Smothered Medallions Pork

## Nutrition Facts

Varied servings per container

**Serving size**

**1/3 of 3-Serving Package or 1/6 of 6-Serving Package (0.0g)**

**Amount Per Serving**

**Calories**

**190**

**% Daily Value\***

**Total Fat** 3.5g **4%**

Saturated Fat 1g **5%**

*Trans* Fat 0g

**Cholesterol** 75mg **25%**

**Sodium** 1010mg **44%**

**Total Carbohydrate** 5g **2%**

Dietary Fiber 0g **0%**

Total Sugars <1g

Includes 0g Added Sugars **0%**

**Protein** 32g

Vitamin D 0.3mcg **2%**

Calcium 10mg **0%**

Iron 1.7mg **10%**

Potassium 880mg **20%**

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

CONTAINS: WHEAT

SIDE ITEMS (RICE, PASTA) ARE NOT INCLUDED.

MODIFICATIONS TO THE ORIGINAL RECIPE (LOW SODIUM, INGREDIENT SUBSTITUTIONS, ETC) WILL GREATLY ALTER THESE NUTRITIONAL FACTS