

Cooked Corned Beef Brisket

Calories

90

Cholesterol

30
mg

Total Fat

2.5
g

Sodium

360
mg

Protein

15
g

Nutrition Facts

Serving Size 2 oz. (56g)

Servings Per Container Varied

Amount Per Serving

Calories 90 Calories from Fat 25

% Daily Value*

Total Fat 2.5g 4%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 30mg 10%

Sodium 360mg 15%

Total Carbohydrate less than 1g 0%

Dietary Fiber 0g 0%

Sugars 0g

Protein 15g

Vitamin A 0% ● Vitamin C 0%

Calcium 0% ● 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
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

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: Turkey Breast, Turkey Broth and 2% or less of the following: Salt, Sugar, Carrageenan, Sodium Citrate, Sodium Phosphate, Sodium Diacetate