

Cooked Corned Beef Tongue Skin-Off

Calories

140

Cholesterol

65
mg

Total Fat

11
g

Sodium

520
mg

Protein

9
g

Nutrition Facts

Serving Size 2oz. (56g)

Servings Per Container Varied

Amount Per Serving

Calories 140

Calories from Fat 100

% Daily Value*

Total Fat 11g 17%

Saturated Fat 4g 20%

Trans Fat 0g

Cholesterol 65mg 22%

Sodium 520mg 22%

Total Carbohydrate less than 1g 0%

Dietary Fiber 0g 0%

Sugars 0g

Protein 9g

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: Cured With: water, Salt, Sugar, Sodium Erythorbate, Sodium Nitrite, Garlic Powder, Extractives Of Spices