

BBQ Shredded Pork

Ingredient	Comments
Pork Carnita Meat	no allergens
BBQ Sauce Sweet Baby Ray's	

Nutrition Facts	
Serving Size 3 oz or About 1/2 Cup (122g)	
Servings Per Container	
Amount Per Serving	
Calories 170	Calories from Fat 35
<small>% Daily Value*</small>	
Total Fat 3.5g	5%
Saturated Fat 1.5g	8%
Trans Fat --g	
Cholesterol 45mg	15%
Sodium 820mg	34%
Total Carbohydrate 18g	6%
Dietary Fiber 0g	0%
Sugars 16g	
Protein 16g	
Vitamin A 0%	• Vitamin C 6%
Calcium 0%	• Iron --%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>	
	<small>Calories: 2,000 2,500</small>
Total Fat	Less than 65g 80g
Saturated 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
<small>Calories per gram:</small>	
<small>Fat 9 • Carbohydrate 4 • Protein 4</small>	

Notes:

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