

BBQ Pork Loin

Number of Servings: 1 (122.05 g per serving)

Ingredient	Comments
Pork, tenderloin, lean, raw	
BBQ Sauce Sweet Baby Ray's	

Nutrition Facts	
Serving Size 1 3oz. Slice (122g)	
Servings Per Container	
Amount Per Serving	
Calories 170	Calories from Fat 25
%	
Total Fat 3g	5%
Saturated Fat 1g	5%
Cholesterol 55mg	18%
Sodium 330mg	14%
Total Carbohydrate 17g	6%
Dietary Fiber 0g	0%
Sugars 16g	
Protein 18g	
Vitamin A 0%	• Vitamin C 8%
Calcium 0%	• Iron 6%
*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
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Provided by: St. Norbert College Dining Services using ESHA Food Processor 10.1 software

10/19/2007

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