

GARIMARK FOODS, INC.

NUTRITIONAL SPECIFICATIONS

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Product Name Fully Cooked Grillmarked Chicken Breast Fillets
Product Number 81040
Description Marinated, fully cooked and grillmarked chicken breast fillets, individually quick frozen. Packed in 10-pound cases. Shipped frozen.

NUTRITIONAL INFORMATION PER 100 GRAMS

BASIC COMPONENTS

Calories (kcal)	109.33
Calories from Fats (kcal)	20.33
Calories from Saturated Fats (kcal)	4.36
Fat - Total (gm)	2.26
Saturated Fat (gm)	0.48
Trans Fatty Acid (gm)	0.01
Polyunsaturated Fat (gm)	0.36
Monounsaturated Fat (gm)	0.60
Cholesterol (mg)	62.52
Carbohydrates (gm)	1.35
Dietary Fiber (gm)	0
Soluble Fiber (gm)	0
Insoluble Fiber (gm)	0
Sugars (gm)	0.18
Other Carbohydrates (gm)	0
Protein (gm)	19.53

MINERALS

Sodium (mg)	243.75
Potassium (mg)	294.97
Calcium (mg)	5.32
Iron (mg)	0.33
Phosphorous (mg)	182.54
Zinc (mg)	0.58

VITAMINS

Vitamin A (IU)	25.70
Vitamin C (mg)	0
Vitamin D (IU)	0.86
Vitamin E (IU)	0
Vitamin B1 - Thiamine (mg)	0.08
Vitamin B2 - Riboflavin (mg)	0.15
Vitamin B3 - Niacin (mg)	8.25
Folate (mcg)	7.71
Vitamin B12 (mcg)	0.22
Biotin (mcg)	0
Pantothenic Acid (mg)	1.28

NUTRITIONAL FACTS PANEL

Nutrition Facts	
Serving Size 100g	
Number of Servings About 44	
Amount Per Serving	
Calories 110	Calories from Fat 23
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 65mg	22%
Sodium 430mg	18%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 20g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower based on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fa	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	

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