GARIMARK FOODS, INC. NUTRITIONAL SPECIFICATIONS



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Product Name Product Number Description Fully Cooked Grillmarked Chicken Breast Fillets

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

81040

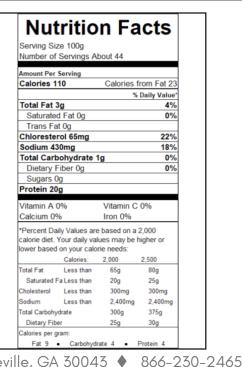
Calories (kcal)	109.33
Calories from Fats (kcal)	20.33
Calories from Saturated Fats (kcal)	4.36
Fat – Total (gm)	2.26
Saturated Fat (gm)	0.48
Trans Fatty Acid (gm)	0.01
Polyunsaturated Fat (gm)	0.36
Monounsaturated Fat (gm)	0.60
Cholesterol (mg)	62.52
Carbohydrates (gm)	1.35
Dietary Fiber (gm)	0
Soluble 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
lron (mg)	0.33
Phosphorous (mg)	182.54
Zinc (mg)	0.58

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

VITAMINS

NUTRITIONAL FACTS PANEL



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