









For more great recipes, or comments write to: Keystone Canning Co. • 3585 Harding Hwy • Lima, OH 45804 Or visit our website at <u>www.keystonemeats.com</u>



NET WT. 28 OZ. (1LB. 12OZ.)

Nutrition Facts

Serving Size 3 oz. (85g) Servings Per Container About 9

Amount Per Serving

Calories 100 Calories from Fat 30 % Daily Value* Total Fat 3.5g 5% Saturated Fat 2g 10% Trans Fat 0a Cholesterol 65mg 22% 8% Sodium 180mg 0% Total Carbohydrate <1g Dietary Fiber 0g 0% Sugars 0g

Protein 18g

 Vitamin A 0%
 • Vitamin C 0%

 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:

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		Calories:	2,000	2,500
	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 Carbohydra	300g	375g	
	Dietary Fiber	25g	30g	

INGREDIENTS:

Pork, salt.

Refrigerate after opening.

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