

10162 - Cooked Corned Beef Tongue
06/13/2021

Nutrition Facts

Varies servings per container

Serving size 4 oz (113g)

Amount per serving

Calories 240

% Daily Value*

Total Fat 18g 23%

Saturated Fat 8g 40%

Trans Fat 0g

Cholesterol 95mg 32%

Sodium 540mg 23%

Total Carbohydrate 5g 2%

Dietary Fiber 0g 0%

Total Sugars 3g

Includes 3g Added Sugars 6%

Protein 16g

Vitamin D 0mcg 0%

Calcium 12mg 0%

Iron 2mg 10%

Potassium 200mg 4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Cured with: Water,
Contains 2% or less of: Salt, Sodium
Lactate, Sodium Diacetate, Sugar,
Sodium Erythorbate, and Sodium
Nitrite.