

**PorkCentreChops, boneless,lean only,cooked,grilled****Nutrition Facts**  
**Valeur nutritive**

Serving size 100g / Portion 100g

Amount	% Daily Value
Teneur	% valeur quotidienne

**Calories / Calories** 180**Total Fat / Lipides** 4.5 g **7 %**Saturated / saturés 1.5 g  
+ Trans / trans 0 g **8 %**

Polyunsaturated / polyinsaturés 0.6 g

Omega-6 / oméga-6 0.5 g

Omega-3 / oméga-3 0.1 g

Monounsaturated / monoinsaturés 2 g

**Cholesterol / Cholestérol** 70 mg**Sodium / Sodium** 60 mg **3 %****Potassium / Potassium** 430 mg **12 %****Total Carbohydrate / Glucides** 0 g **0 %**Fibre / Fibres 0 g **0 %**

Sugars / Sucres 0 g

**Protein / Protéines** 33 g

Vitamin A / Vitamine A 0 %

Vitamin C / Vitamine C 0 %

Calcium / Calcium 0 %

Iron / Fer 6 %

Thiamine / Thiamine 90 %

Riboflavin / Riboflavine 15 %

Niacin / Niacine 80 %

Vitamin B<sub>6</sub> / Vitamine B<sub>6</sub> 30 %

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Vitamin B <sub>12</sub> / Vitamine B <sub>12</sub>	35 %
Pantothenate / Pantothénate	20 %
Phosphorus / Phosphore	25 %
Magnesium / Magnésium	10 %
Zinc / Zinc	25 %
Copper / Cuivre	8 %
Manganese / Manganèse	0 %

**CANADIAN NUTRITION LABEL (BILINGUAL VERSION) Fig 2b**

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Serving size based on the Ref Amt, Canada Gazette, Part II.

Vitamins A,C, Sugars, Fibre assumed zero.