



97% FAT FREE



EXTRA LEAN PORK TENDERLOIN

COOKING INSTRUCTIONS: Remove meat from package. **Oven:** Bake at 325°F in shallow uncovered pan approximately 35 minutes per pound. **Grill:** Place over low flame, grill until desired doneness is reached. Turn often to prevent burning

Nutrition Facts

Serv. Size 4 oz. (112g)
Servings Varied
Calories 250 130
Fat Cal. 170 25

Not a significant source of dietary fiber, sugars, Vitamin A, and calcium.

Amount/Serving

Total Fat 19g	5%
Sat. Fat 7g	5%
Cholest. 85mg	20%
Sodium 140 mg	3%
Total Carb 0g	0%
Protein 24 mg	
Vitamin C 2%	
Iron 6%	