

# Nutrition Facts

Beef (Grass Fed) Serving size (100g)

Amount Per Serving

**Calories**

**190**

[www.ihcare.ae](http://www.ihcare.ae) % Daily Value\*

<b>Total Fat</b> 13g	<b>17%</b>
Saturated Fat 5.3g	<b>27%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 60mg	<b>20%</b>
<b>Sodium</b> 70mg	<b>3%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 20g	<b>40%</b>
Vitamin D 0mcg	0%
Calcium 13mg	0%
Iron 1.98mg	10%
Potassium 376mg	8%
Vitamin E	2%
Vitamin K	0%
Thiamin	4%
Riboflavin	8%
Niacin	25%
Vitamin B6	20%
Vitamin B12	35%
Pantothenic Acid	6%
Phosphorus	20%
Magnesium	4%
Zinc	30%
Selenium	20%
Copper	4%

\* The % Daily Value (DV) 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.