

NUTRIENT BANG FOR YOUR CALORIE BUCK *MÁS NUTRIENTES POR SUS CALORÍAS*

3-ounce Cooked Serving <i>Porciones Cocinadas de 3 onzas</i>	Calories <i>Calorías</i>	Total Fat (g) <i>Grasa Total (g)</i>	Sat. Fat (g) <i>Grasa Saturada (g)</i>	Cholesterol (mg) <i>Colesterol (mg)</i>	Protein (g) <i>Proteína (g)</i>	Iron (mg) <i>Hierro (mg)</i>	Zinc (mg) <i>Zinc (mg)</i>	Thiamin (mg) <i>Tiamina (mg)</i>	Riboflavin (mg) <i>Riboflavina (mg)</i>	Niacin (mg) <i>Niacina (mg)</i>	B6 (mg) <i>Vitamina B6 (mg)</i>	Pantothenic Acid (mg) <i>Ácido Pantoténico (mg)</i>	B12 (mg) <i>Vitamina B12 (mg)</i>
Daily Value*/ <i>Valores diarios*</i>	2000	65	20	300	50	18	15	1.5	1.7	20	2	10	6
<b>Beef/Carne</b>													
Bottom Round Roast & Steak <i>Asado y Bistec de Contracara</i>	139	4.9	1.7	64	23.8	2.0	4.1	0.05	0.13	4.3	0.3	0.5	1.3
95% Lean Ground Beef <i>Carne Molida 95% Magra</i>	139	5.1	2.4	65	21.9	2.4	5.5	0.04	0.15	5.3	0.3	0.5	2.6
Eye Round Roast & Steak <i>Bistec y Cuete en Trozos</i>	144	4.0	1.4	53	25.3	2.1	4.3	0.06	0.14	4.5	0.3	0.5	1.4
Sirloin Tip Side Steak <i>Bistec de Punta de Lomo Lateral</i>	143	4.1	1.6	68	24.7	2.4	6.2	0.06	0.17	5.0	0.5	0.7	3.6
Chuck Shoulder Pot Roast <i>Bistec de Paleta</i>	147	5.7	1.8	60	22.4	2.6	5.4	0.08	0.21	2.9	0.2	N/A	2.6
Round Tip Roast & Steak <i>Milanesa de Pulpa Bola y Pulpa Bola en Trozos</i>	148	5.3	1.9	75	23.4	2.0	4.0	0.05	0.13	4.2	0.3	0.5	1.3
Sirloin Tip Center Roast & Steak <i>Asado y Bistec de Punta de Lomo Central</i>	150	5.8	2.1	65	23.1	2.1	5.8	0.05	0.18	4.4	0.4	0.6	2.7
Shoulder Petite Tender & Medallions <i>Paletilla Tierna y Medallones</i>	150	6.1	2.4	66	22.3	2.2	4.5	0.07	0.23	4.4	0.5	0.7	4.4
Round Steak/Carne para Asar	154	5.3	1.9	66	24.8	2.3	4.0	0.09	0.19	3.6	0.3	0.3	2.7
Bottom Round (Western Griller) Steak <i>Bistec de Pulpa Contra</i>	155	6.0	2.2	65	23.4	2.5	4.3	0.06	0.18	6.4	0.6	0.7	3.4
Shoulder Center (Ranch) Steak <i>Bistec de Hombro Central</i>	155	6.5	2.4	65	22.4	2.4	6.0	0.06	0.25	4.5	0.5	0.7	4.2
Top Sirloin Steak/Bistec de Aguayón	156	4.9	1.9	49	26.0	1.7	4.9	0.07	0.13	7.4	0.6	0.5	1.5
Top Round Roast & Steak <i>Asado y Bistec de Centro</i>	157	4.6	1.6	61	27.1	2.3	4.7	0.06	0.15	4.9	0.4	0.5	1.5
Tri-Tip Roast & Steak <i>Empuje en Trozo y Bistec de Empuje</i>	158	7.1	2.6	61	22.8	1.5	4.2	0.06	0.12	6.7	0.5	0.4	1.3
Flank Steak/Falda	158	6.3	2.6	42	23.7	1.5	4.3	0.07	0.12	6.8	0.5	0.5	1.4
Top Loin (Strip) Steak <i>Bistec de Lomo</i>	161	6.0	2.3	56	24.9	1.6	4.6	0.07	0.13	7.1	0.5	0.5	1.4
Chuck Shoulder Steak <i>Bistec de Paleta</i>	161	6.0	1.9	80	24.9	3.2	6.7	0.06	0.22	2.7	0.2	N/A	2.5
Brisket Flat Half/Pecho de Res	167	5.1	1.9	49	28.2	2.4	6.8	0.06	0.18	4.1	0.3	0.6	2.1
Tenderloin Roast & Steak <i>Filete en Trozo y Bistec de Filete</i>	170	7.1	2.7	67	24.7	1.6	4.6	0.07	0.13	7.1	0.5	0.5	1.4
Shank Cross Cuts/Chambaret	171	5.4	1.9	66	28.6	3.3	8.9	0.12	0.18	5.0	0.3	0.3	3.2
T-Bone Steak/Bistec de Pierna	172	8.2	3.0	48	23.0	3.1	4.3	0.09	0.21	3.9	0.3	0.3	1.9
<b>Pork/Cerdo</b>													
Top Loin Chop/Chuleta de Cerdo	141	3.6	1.3	65	25.4	0.5	1.8	0.50	0.16	8.8	0.4	0.7	0.6
Tenderloin/Filete de Cerdo	159	5.4	1.9	80	25.9	1.2	2.5	0.84	0.33	4.4	0.4	0.8	0.9
Sirloin Chop/Chuleta Sirloin de Cerdo	181	8.6	3.1	72	24.2	0.9	2.3	0.87	0.32	4.0	0.5	0.7	0.7
Rib Chop/Chuleta de Castilla	186	8.3	2.9	69	26.2	0.7	2.0	0.95	0.28	5.2	0.4	0.6	0.7
<b>Poultry/Aves</b>													
Skinless, Boneless Chicken Breast <i>Pechuga de Pollo sin Hueso ni Piel</i>	140	3.0	0.9	72	26.4	0.9	0.9	0.06	0.10	11.7	0.5	0.8	0.3
Skinless, Boneless Turkey Breast <i>Pechuga de Pavo sin Hueso ni Piel</i>	115	0.6	0.2	71	25.6	1.3	1.5	0.04	0.11	6.4	0.5	0.6	0.3
<b>Fish/Pescado</b>													
Cod/Bacalao	89	0.7	0.1	47	19.4	0.4	0.5	0.08	0.07	2.1	0.2	0.2	0.9
Light Tuna Canned in Water <i>Atún Light Enlatado en Agua</i>	99	0.7	0.2	26	21.7	1.3	0.7	0.03	0.06	11.3	0.3	0.2	2.5
Halibut/Halibut	119	2.5	0.4	35	22.7	0.9	0.5	0.06	0.08	6.1	0.3	0.3	1.2
Salmon/Salmón	175	10.5	2.1	54	18.8	0.3	0.4	0.29	0.12	6.8	0.6	1.3	2.4

\*Daily Value based on a 2,000-calorie intake for adults and children 4 or more years of age. Source: USDA.

*El valor diario porcentual basado en un régimen de alimentación de 2,000 calorías diarias para adultos o niños mayores a 4 años de edad. Fuente: Departamento de Agricultura de Estados Unidos.*