

# Nutrition Facts

Shish Tawook Pinza

Serving size

PER SLICE (97g)

Amount per serving

**Calories**

**174.5**

|                           | Per 97 g  | % Daily Value * |
|---------------------------|-----------|-----------------|
| <b>Total Fat</b>          | 9.36 g    | <b>12%</b>      |
| Saturated Fat             | 1.74 g    | <b>13%</b>      |
| Trans Fat                 | 0.0 g     | <b>0%</b>       |
| <b>Cholesterol</b>        | 29.73 mg  | <b>10%</b>      |
| <b>Sodium</b>             | 517.43 mg | <b>22%</b>      |
| <b>Total Carbohydrate</b> | 14.09 g   | <b>5%</b>       |
| Dietary Fiber             | 1.75 g    | <b>6%</b>       |
| Total Sugars              | 0.72 g    | <b>1%</b>       |
| <b>Protein</b>            | 8.68 g    | <b>17%</b>      |
| Vitamin D                 | 0.03 mcg  | 0%              |
| Calcium                   | 128.75 mg | 10%             |
| Iron                      | 0.35 mg   | 2%              |
| Potassium                 | 33.76 mg  | 1%              |

\* 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