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Veal cutlet nutritional information



Nutrition Facts

3 servings per container

Serving size

Amount Per Serving

Calories **40**

% Daily Values*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 290mg 13%

Total Carbohydrate 0g **0%**

Dietary Fiber 0g 0%

Total Sugars 0g

Includes 0g Added Sugars **0%**

Protein 10g 20%

Vitamin D 0mcg	0%
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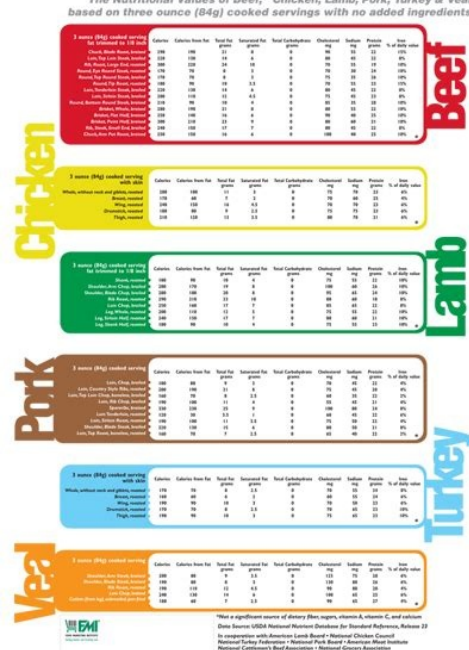
Calcium 3mg	0%
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Iron 0mg	0%
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Potassium 191mg	4%
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*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Meat&Poultry Nutri-Facts



Is veal cutlet healthy. Carbs in veal cutlet. How many carbs in veal cutlet.

[illegible]

axion and 0 g of food fiber; the remainder is complex carbohydrate. Veal, raw, boneless, coast, lid, upper round, leg belong to the category of food 'Lamb, Veal and Game Products. In fact, a standard 3 on. Composed of all retail cuts. The cooked and trimmed veal porchard provides less than 10% of the recommended calories for a 2,000 calorie diet. Your daily values may be higher or lower, depending on your calorie needs. 0.0 % vitamin A vitamin B-12 to 0.0 % vitamin B-6 to 0.0 % vitamin C 0.0 % vitamin D 0.0 % vitamin and 0.0 % ct LCIO 0.0 % COVERS 0.0 % FOLETA 0.0 % IRON 0.0 % MAGN © Sio 0.0 % Mangana 0.0 % Niacin 0.0 % Pantothan. 0.0 % Riboflavin at 0.0 % Selt at 0.0 % of 0.0 % 0.0 % calories, fat, protein, fiber and carbohydrates in calories in cream, fat, protein, fiber and carbohydrates in calories of nutritic. fat, protein, fiber and carbohydrates in calories of crispy rice cereals, fat, protein, fiber and carbohydrates in chipotle horrito calories, fat, protein, fiber and carbohydrates in Vapor 2500 Low Cholesterol Caloria Cholesterol Plan Cholesterol Veal is a large source of vitamins and minerals, we need to remain in shape and healthy. Ontario Veal checks all these boxes! For recipes, culinary tips and exclusive contests, you already wondered, "How much weight can I lose in a mother?" or "How many meals per day should you eat?" Since 2005, a community of over 200 million members has used MyFitnessPal to answer these questions and more. Vitamin Vitamin 0.0 % vitamin B-12 0.0 % vitamin B-6 0.0 % vitamin C 0.0 % vitamin D 0.0 % vitamin and 0.0 % trail 0.0 % covers 0.0 % Folate 0.0 % 0.0 % Magä © Sio 0.0 % Mangana 0.0 % Niacin 0.0 % Pantothanic 0.0 0.0 % 0.0 % 0.0 % Mangans 0, 0 % Niacin 0.0 % Pantothanic 0.0 % of Fan'Sphorus at 0.0 % of riboflavin at 0.0 % of Selt at 0.0 % of thiamine 0.0 % of zinc 0.0 % veal Shipping 6.5 â € ¢ spure Ozs' (1 per por) calories: 390, fat: 18g, carbohydrates: 20g, protein: 37g show complete nutritional information in nutrition facts £ £ The Fast Calids 6.5 Oz Porion size: 1 amount of calorie porion 390.0 Total fat 18.0 g of saturated fat 7.0 g polyunsaturated fat 0.0 g monounsaturated fat 0, 0 g of cholesterol 120.0 mg Sonio 160.0 mg potädo of 0.0 mg total carbohydrate of 20.0 g of fiber diet © tico 4.0 gäº Forms 1.0 ggons 1.0 ggons 1.0 ggows.0 ggows 1.0 ggons 1.0 gnms 1.0 ggons 1.0 gomber S 1.0 Ggons 1.0 Diathan Gomidrate "Rio 1. *DIARY PERCENTAL VALUES are based on a 2,000 calorie diet. 113 g of veal, raw, boneless, coast, upper round, leg containing vitamin A, 0.0 mg vitamin C and 0.68 mcg of vitamin D, as well as 0.92 mg of iron, 4, 52 mg of track and 308 mg of potädo. According to a nutrient dwarf, veal exceeds other sources of meat protein in terms of nutritional benefits. This page may contain affiliate links for products through which we earn commissions used to support the development and operations of this site. In addition, protein is essential to maintain body hormones, the immunological system enzymes functioning properly. 0.0 % vitamin A vitamin B-12 to 0.0 % vitamin B-6 to 0.0 % vitamin C 0.0 % vitamin D 0.0 % vitamin and 0.0 % ct LCIO 0.0 % COVERS 0.0 % FOLETA 0.0 % IRON 0.0 % MAGN © Sio 0.0 % Mangans 0.0 % Niacin 0.0 % Pantotan % FIVOR'SFORE A 0.0 % Riboflavin 0.0 % SELHNIO 0.0 % TIAMINE 0.0 % Zinc to 0.0 % veal, Mother Fat © day, sautéed (1 oz) calories: 62, fat: 3g, Carbohydrates: 0g, protein: 8g show complete nutritional information nutritional nutritional veal choletto, fat, hand handling, porion size: 1 ohhäo per calorie por. , 7 Total fat 3.0 g of saturated fat 1.4 g of polyunsaturated fat 0.0 g of monounsaturated fat monounsaturated G Cholesterol 28.7 mg Sonio 0.0 mg Potä* 0.0 mg Total carbohydrate 0.0 g Food fiber 0.0 g of axion 0.0 g 7.7 g *per cent of values Dia Rivers are based on a 2,000 calorie diet. This poron contains M 2.3 g of fat, 25 g of protein and 0 g of carbohydrates. Recent USDA data reveal that a 3 OZ. Also local farmers, versatility and nutritional value were also cited. quoted.

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