



Breakfast Sausage Link 6/2011

Nutrition Facts	
Serving Size 1 link (82.00g/2.9oz)	
Amount Per Serving	
Calories 300	Calories from Fat 240
% Daily Value*	
Total Fat 27g	42%
Saturated Fat 10g	49%
Cholesterol 70mg	23%
Sodium 600mg	25%
Total Carbohydrate less than 1g	0%
Dietary Fiber 0g	0%
Sugars less than 1g	
Protein 12g	
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 0%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65 g 80 g
Saturated Fat	Less than 20 g 25 g
Cholesterol	Less than 300 mg 300 mg
Sodium	Less than 2,400 mg 2,400 mg
Total Carbohydrate	300 g 375 g
Dietary Fiber	25 g 30 g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Ingredients:

Sausage Link: Pork, water, salt, dextrose, flavorings, citric acid, BHT, propyl gallate.

Bun NOT included in above.