

valleygreenfoods

Opportunity Buys at Excellent Prices

## RTC Chicken Steaks 3 oz



Code: 106003  
 PAC: 10 lb. case  
 54 serv/case

| Nutritionals      |        |
|-------------------|--------|
| Serving Size      | 3 oz   |
| Calories          | 80     |
| Calories from Fat | 25 g   |
| Fat               | 2.5 g  |
| Saturated Fat     | 0.5 g  |
| Trans Fat         | 0      |
| Carbohydrates     | 1 g    |
| Cholesterol       | 35 mg  |
| Sodium            | 280 mg |
| Dietary Fiber     | 0 g    |
| Sugars            | 1 g    |
| Protein           | 12 g   |
| Vitamin A         | 0%     |
| Vitamin C         | 2%     |
| Calcium           | 2%     |
| Iron              | 4%     |