

Center Cut Pork Chop

One (1) – 18 oz. servings

NUTRITIONAL INFORMATION

Per Serving / 18 oz.

Calories 670 **Calories from Fat** 200

	Amount	% Daily Value
Total Fat	22g	34%
Saturated Fat	16g	81%
Trans Fat	0g	
Cholesterol	170mg	56%
Sodium	1730mg	72%
Total Carbohydrate	49g	16%
Dietary Fiber	3g	11%
Sugars	24g	
Protein	75g	150%
Vitamin A		530%
Vitamin C		30%
Calcium		8%
Iron		15%

**Percent Daily Values are based on a 2,000 calorie diet*

Ingredients (per menu item)	Cal	Fat	Carbs
12 oz. Pork Chop (center cut)	418.4	14.3g	0.0g
1/2 tsp. Butter	16.7	1.8g	0.0g
6 oz. Sweet Potato Fries	170.1	6.0g	32.0g
2 tsp. Pork Chop Rub	65.1	0.1g	17.4g

S A U L G O O D

Restaurant & Pub