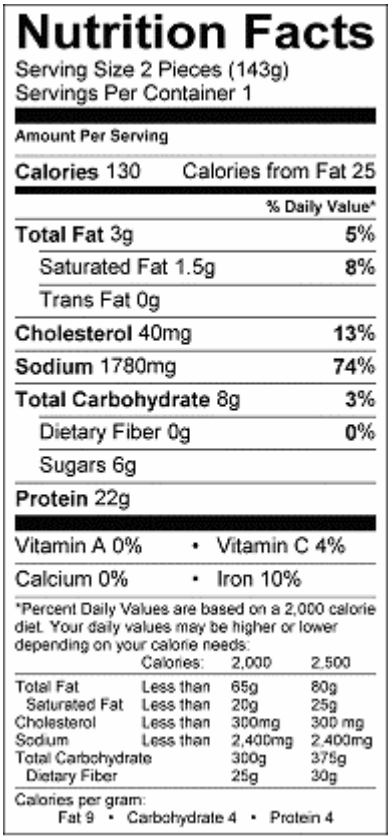
Beef Yakitori

Ingredients

Beef, Sauce, soy, Wine, cooking, sherry, Apple Cider Vinegar, Lemon Juice, Sugar, Ginger, Salt.

Nutrients per serving



Nutrition Facts

Serving Size 2 Pieces (143g)
Servings Per Container 1

Amount Per Serving

Calories 130	Calories from Fat 25
	% Daily Value*
Total Fat 3g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 1780mg	74%
Total Carbohydrate 8g	3%
Dietary Fiber 0g	0%
Sugars 6g	
Protein 22g	

Vitamin A 0% • Vitamin C 4%

Calcium 0% • Iron 10%

*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	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4