Heating Instructions: Remove plastic lid. Heat at 350° for 10-12 minutes or until desired temperature is reached.

SMALL ❑ MEDIUM ❑ LARGE ❑

Nutrition Facts

Serving Size: 1 chop (454g)
Servings Per Container: Varied

Amount Per Serving	
Calories 590	Calories from Fat 170
	% Daily Value*
Total Fat 19g	**29%**
Saturated Fat 7g	**35%**
Trans Fat 0g	
Cholesterol 155mg	**52%**
Sodium 300mg	**13%**
Total Carbohydrate 20g	**7%**
Dietary Fiber 2g	**8%**
Sugars 14g	
Protein 64g	

Vitamin A 2%	•	Vitamin C 35%
Calcium 4%	•	Iron 15%

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

INGREDIENTS: PORK, FRESH, LOIN, CENTER RIB (CHOPS OR ROASTS), BONELESS, SEPARABLE LEAN ONLY, RAW, SOUP, STOCK, BEEF, HOMEPREPARED, APPLES, BRANDY, ONION, CELERY, RAISINS, BACON BITS, GARLIC, SAGE

1100 94TH AVE N ST. PETERSBURG FLORIDA 33702

Apple and Raisin Stuffed Boneless Pork Chops