

DURHAM[®] RANCH

Specialty Grinds

Enjoy Healthy, Lean and Delicious Protein Alternatives
Great for the Health Conscious Athlete or Adventurous Consumer



PACKAGED FOR RETAIL IN 1 LB BOXES



Nutrition Facts

Serving Size 4 oz (113g)
Servings Per Container Varied

Amount Per Serving		Calories from Fat 25	
		% Daily Value*	
Calories	140		
Total Fat	2.5g	4%	
Saturated Fat	1g	5%	
Trans Fat	--g		
Cholesterol	95mg	32%	
Sodium	60mg	3%	
Total Carbohydrate	0g	0%	
Dietary Fiber	0g	0%	
Sugars	0g		
Protein	26g		
Vitamin A	0%	Vitamin C	0%
Calcium	0%	Iron	20%

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

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

FULL LINE OF GRINDS AVAILABLE FOR RETAIL IN 1 LB BOXES

