Birdman's®

All Natural PHEASANT Sweet Italian Sausage

Nutrition Facts

Serving Size 1 sausage (85g/ 3 oz.)
Servings Per Container 4

Amount Per Serving

Calories 110	Calories from Fat 30
	% Daily Value*
Total Fat 3.5g	**5%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 60mg	**20%**
Sodium 670mg	**28%**
Total Carbohydrate 1g	**0%**
Dietary Fiber 0g	**0%**
Sugars 1g	
Protein 17g	

Vitamin A 4%	• Vitamin C 10%
Calcium 2%	• Iron 8%

*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