

Nutrition Facts: Protein Only Page 1 of 1

as of: 3/16/2017 by carlanell.com

**** Nutrition Units for Fat, Carbs, Protein, Sugar, Fiber are Grams; Vit A, Vit D, Vit E are IU; Sodium, Cholesterol, Iron, Calcium, Vit C, Magnesium, Potassium, Zinc, Omega-3 are Milligrams;**

Beef, ground beef 95% lean (cooked) Quantity: 3oz 85g

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
139	5	0	22	0	0	60	65	2	8	0	0	0	0	320	20	6	24

Beef, ground round 85% lean (cooked) Quantity: 3oz 85g

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
218	13	0	24	0	0	76	77	3	19	0	0	0	0	346	21	6	38

Beef, ground sirloin 90% lean (cooked) Quantity: 3oz 85g

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
173	9	0	21	0	0	64	70	2	13	0	0	0	0	309	20	5	34

Bison Burger (cooked) Quantity: 3oz 85g

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
152	7	0	22	0	0	65	60	3	12	0	0	0	0	300	20	5	38

Chicken, breast tenderloins boneless skinless Quantity: 112g

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
110	1	0	26	0	0	75	65	1	20	0	1	0	0	301	33	1	60

Eggs, organic Quantity: 1 large

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
70	4	0	6	0	0	65	170	1	20	300	0	0	8	67	8	1	39

Hemp Protein Hi-Fiber, organic, Nutiva Quantity: 3 Tbsp 30g

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
80	4	12	11	1	12	0	0	8	0	0	0	0	0	240	11	5	0

Salmon, frozen wild keta (Pacific) Quantity: 4oz 113g

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
135	4	0	23	0	0	50	85	0	40	0	0	12	3	10	28	0	1117

Tilapia, cooked dry heat Quantity: 4oz 100g

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
128	3	0	26	0	0	56	57	1	14	0	0	0	1	380	34	0	269

Tuna Steak, frozen Ahi Yellow fin Quantity: 4oz 113g

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
140	2	4	25	0	0	40	60	2	18	58	1	0	0	484	54	1	311

Tuna, pouch in water, chunk light low sodium Quantity: 3 oz 85g

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
99	1	0	22	0	0	287	26	2	9	49	0	0	0	201	23	1	239

Turkey Sausage, lean, sweet Quantity: 1 link 91g

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
150	8	4	15	1	0	440	70	2	60	500	1	0	0	271	19	4	146

Turkey, ground 93/7 lean Quantity: 4oz

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
140	7	0	21	0	0	85	90	0	40	0	0	0	0	221	20	2	164

Turkey, ground breast 99% lean Quantity: 4oz

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
110	1	0	25	0	0	40	50	2	21	0	0	0	0	221	20	2	78

Turkey, sausage links 90/10 lean, Jennie-O Quantity: 2 links 56g

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
90	5	0	10	0	0	370	45	1	20	0	0	0	0	110	10	1	82

Vegetable Protein Powder Quantity: 2 Tbsp 20g

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
80	1	0	17	0	0	200	0	2	0	0	0	0	0	0	0	0	55

Whey Protein Booster Vanilla Powder, Naturade Quantity: 2 Tbsp 20g

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
80	1	1	16	0	0	75	35	0	20	0	0	0	0	40	3	0	0