

# **JCC CAMPS AT MEDFORD**

## **NUTRITIONAL INFORMATION –TURKEY BREAST**

### **Hod Lavan Turkey Breast**

#### **Nutrition Facts**

Serving Size: 3 oz

Calories: 81

Calories from Fat:

Total Fat: 1g

Saturated Fat: 0

Trans fat: 0

Cholesterol: 50

Sodium: 750

Total Carbohydrate: 2g

Dietary Fiber: 0g

Sugars: 0g

Protein: 16

Ingredients: Gourmet turkey breast: turkey breast, water, potato starch, sodium lactate, salt, isolated carrot product, sugar, dextrose, sodium phosphate, caregeenan, spices, sodium erythrobate, rosmarin extract, sodium nitrite.