MEDIFAST

Medifast BBQ Bites

Naturally Flavored

68230

Nutrition Facts

Serving Size 1 packet (29 g/1.04 oz)
Servings Per Container 7

Amount Per Serving	
Calories 110	Calories from Fat 25
	% Daily Value*
Total Fat 3g	**5**%
Saturated Fat 0g	**0**%
Trans Fat 0g	
Cholesterol 0mg	**0**%
Sodium 390mg	**16**%
Potassium 630mg	**18**%
Total Carbohydrate 12g	**4**%
Dietary Fiber 4g	**16**%
Sugars 2g	
Protein 11g	**22**%

Vitamin A 20%	•	Vitamin C 20%
Calcium 20%	•	Iron 20%
Vitamin D 20%	•	Vitamin E 20%
Vitamin K 20%	•	Thiamin 20%
Riboflavin 20%	•	Niacin 20%
Vitamin B6 20%	•	Folate 20%
Vitamin B12 20%	•	Biotin 20%
Pantothenic Acid 20%	•	Phosphorus 25%
Iodine 20%	•	Magnesium 20%
Zinc 20%	•	Selenium 20%
Copper 20%	•	Manganese 30%
Chromium 20%	•	Molybdenum 40%

*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
Potassium		3,500 mg	3,500 mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

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

Ingredients: Soy protein concentrate, tapioca starch, soy protein isolate, navy bean powder, soybean oil, sugar, salt, dextrin, maltodextrin, torula yeast, natural flavors, onion powder, brown sugar, dextrose, yeast extract, molasses, tomato powder, extractive of paprika, citric acid, spices, garlic powder, potato starch, corn starch, guar gum, pectin.

Vitamins and Minerals: Calcium phosphate, potassium phosphate, magnesium oxide, potassium chloride, ascorbic acid, vitamin E acetate, niacinamide, zinc oxide, reduced iron, calcium pantothenate, manganese sulfate, copper sulfate, thiamin mononitrate, pyridoxine hydrochloride, vitamin A palmitate, riboflavin, chromium chloride, folic acid, biotin, potassium iodide, sodium molybdate, sodium selenite, vitamin K1, vitamin D3, vitamin B12.

CONTAINS: SOY.

Product information may change over time. Therefore, the ingredient label on the package is always the best source for that specific item.