



Veal

NUTRITIOUS & DELICIOUS

VEAL PROVIDES FUEL — FOR AN — ACTIVE LIFESTYLE

CALORIES	170	8%
TOTAL FAT	5.6 g	8%
CHOLESTEROL	100 mg	33%
SODIUM	76 mg	3%
PROTEIN	27 g	54%
IRON	1.0 mg	6%
ZINC	4.3 mg	29%
THIAMIN	0.05 mg	3%
NIACIN	7.2 mg	36%
B-12	1.4 mcg	23%
B-6	0.3 mg	15%

*PERCENT OF THE DAILY VALUES FOR A 2,000 CALORIE DIET

PUT SIMPLY, VEAL IS A NUTRITIONAL POWER SOURCE.

RECENT USDA DATA REVEALS THAT A 3 OZ. SERVING OF COOKED, TRIMMED VEAL PROVIDES LESS THAN 10% OF THE CALORIES RECOMMENDED FOR A 2,000 CALORIE DIET. AT THE SAME TIME, VEAL DELIVERS MORE THAN 10% OF THE DAILY VALUES FOR PROTEIN, ZINC, NIACIN, AS WELL AS VITAMIN B-12 AND B-6. PROTEIN AND B-VITAMINS HELP US INCREASE OUR ENERGY LEVELS. ZINC MAINTAINS IMMUNE FUNCTION AND PLAYS A KEY ROLE IN GROWTH AND COGNITIVE DEVELOPMENT. PERCENTAGE OF THE DAILY VALUES BASED ON A 2,000 CALORIE DIET.



PACKED WITH PROTEIN AND FLAVOR

3 OUNCE COOKED SERVING OF VEAL HAS 27 GRAMS OF PROTEIN

DID YOU KNOW?

VEAL IS NOT ONLY
NUTRITIOUS BUT A GREAT
WAY TO CUT CALORIES

THE LEANEST CUTS
OF VEAL ARE THE LEG
CUTLET, ARM STEAK,
SIRLOIN, RIB CHOP, LOIN
CHOP, AND TOP ROUND

ON AVERAGE, A TRIMMED,
COOKED THREE-OUNCE
SERVING OF VEAL
CONTAINS A SCANT
170 CALORIES

FOR MORE EASY, DELICIOUS RECIPES, VISIT VEALMADEEASY.COM

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