

Nutrition Facts

Serving Size:

◆ 3 **oz (85g)**
Cow Tongue

Amount Per Serving

Calories

241

% Daily Value*

Total Fat 19g **24%**

Saturated Fat 6.9g **35%**

Trans Fat 0.7g

Polyunsaturated Fat 0.6g

Monounsaturated Fat 8.6g

Cholesterol 112mg **37%**

Sodium 55mg **2%**

Total Carbohydrates 0g **0%**

Dietary Fiber 0g **0%**

Sugars 0g

Protein 16g

Vitamin D 0.3mcg **2%**

Calcium 4.3mg **0%**

Iron 2.2mg **12%**

Potassium 156.4mg **3%**

Caffeine 0mg

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.