

**Skinless
Bratwurst—Original
Flavor**

Nutrition Facts

Serving Size 1 link (112g/ 4 oz.)
Servings Per Container 6

| Amount Per Serving | |
|------------------------------|------------------------------|
| Calories 260 | Calories from Fat 170 |
| % Daily Value* | |
| Total Fat 19g | 29% |
| Saturated Fat 7g | 35% |
| Trans Fat 0g | |
| Cholesterol 65mg | 22% |
| Sodium 890mg | 37% |
| Total Carbohydrate 1g | 0% |
| Dietary Fiber 0g | 0% |
| Sugars 0g | |
| Protein 19g | |
| Vitamin A 0% | Vitamin C 0% |
| Calcium 0% | Iron 6% |

*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 |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

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

**Skinless Bratwurst
with Onions**

Nutrition Facts

Serving Size 1 link (112g/ 4 oz.)
Servings Per Container 6

| Amount Per Serving | |
|------------------------------|------------------------------|
| Calories 260 | Calories from Fat 170 |
| % Daily Value* | |
| Total Fat 19g | 29% |
| Saturated Fat 7g | 35% |
| Trans Fat 0g | |
| Cholesterol 65mg | 22% |
| Sodium 880mg | 37% |
| Total Carbohydrate 2g | 1% |
| Dietary Fiber 0g | 0% |
| Sugars 1g | |
| Protein 19g | |
| Vitamin A 0% | Vitamin C 2% |
| Calcium 2% | Iron 6% |

*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 |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

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

**Tomato Basil
Skinless Bratwurst**

Nutrition Facts

Serving Size 1 link (112g/ 4 oz.)
Servings Per Container 6

| Amount Per Serving | |
|------------------------------|------------------------------|
| Calories 260 | Calories from Fat 170 |
| % Daily Value* | |
| Total Fat 19g | 29% |
| Saturated Fat 7g | 35% |
| Trans Fat 0g | |
| Cholesterol 65mg | 22% |
| Sodium 650mg | 27% |
| Total Carbohydrate 1g | 0% |
| Dietary Fiber 0g | 0% |
| Sugars 1g | |
| Protein 19g | |
| Vitamin A 2% | Vitamin C 50% |
| Calcium 2% | Iron 6% |

*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 |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

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

**Bacon Cheddar
Skinless Bratwurst**

Nutrition Facts

Serving Size 1 link (112g/ 4 oz.)
Servings Per Container 6

| Amount Per Serving | |
|------------------------------|------------------------------|
| Calories 300 | Calories from Fat 220 |
| % Daily Value* | |
| Total Fat 25g | 38% |
| Saturated Fat 10g | 50% |
| Trans Fat 0g | |
| Cholesterol 70mg | 23% |
| Sodium 950mg | 40% |
| Total Carbohydrate 1g | 0% |
| Dietary Fiber 0g | 0% |
| Sugars 0g | |
| Protein 19g | |
| Vitamin A 2% | Vitamin C 0% |
| Calcium 6% | Iron 6% |

*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 |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

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

**Cheese & Jalapeno
Skinless Bratwurst**

Nutrition Facts

Serving Size 1 link (112g/ 4 oz.)
Servings Per Container 6

| Amount Per Serving | |
|------------------------------|------------------------------|
| Calories 270 | Calories from Fat 190 |
| % Daily Value* | |
| Total Fat 21g | 32% |
| Saturated Fat 8g | 40% |
| Trans Fat 0g | |
| Cholesterol 70mg | 23% |
| Sodium 220mg | 9% |
| Total Carbohydrate 1g | 0% |
| Dietary Fiber 0g | 0% |
| Sugars 0g | |
| Protein 19g | |
| Vitamin A 6% | Vitamin C 0% |
| Calcium 6% | Iron 6% |

*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 |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

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

**Cheesy Potato Skinless
Bratwurst**

Nutrition Facts

Serving Size 1 link (112g/ 4 oz.)
Servings Per Container 6

| Amount Per Serving | |
|------------------------------|------------------------------|
| Calories 250 | Calories from Fat 160 |
| % Daily Value* | |
| Total Fat 18g | 28% |
| Saturated Fat 8g | 40% |
| Trans Fat 0g | |
| Cholesterol 60mg | 20% |
| Sodium 910mg | 38% |
| Total Carbohydrate 4g | 1% |
| Dietary Fiber 0g | 0% |
| Sugars 1g | |
| Protein 17g | |
| Vitamin A 6% | Vitamin C 25% |
| Calcium 10% | Iron 6% |

*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 |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

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

**Mushroom Swiss
Skinless Bratwurst**

Nutrition Facts

Serving Size 1 link (112g/ 4 oz.)
Servings Per Container 6

| Amount Per Serving | |
|------------------------------|------------------------------|
| Calories 260 | Calories from Fat 180 |
| % Daily Value* | |
| Total Fat 20g | 31% |
| Saturated Fat 8g | 40% |
| Trans Fat 0g | |
| Cholesterol 70mg | 23% |
| Sodium 230mg | 10% |
| Total Carbohydrate 0g | 0% |
| Dietary Fiber 0g | 0% |
| Sugars 0g | |
| Protein 19g | |
| Vitamin A 2% | Vitamin C 0% |
| Calcium 6% | Iron 4% |

*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 |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

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

**Pineapple Skinless
Bratwurst**

Nutrition Facts

Serving Size 1 link (112g/ 4 oz.)
Servings Per Container 6

| Amount Per Serving | |
|-------------------------------|------------------------------|
| Calories 270 | Calories from Fat 150 |
| % Daily Value* | |
| Total Fat 17g | 26% |
| Saturated Fat 6g | 30% |
| Trans Fat 0g | |
| Cholesterol 60mg | 20% |
| Sodium 810mg | 34% |
| Total Carbohydrate 10g | 3% |
| Dietary Fiber 0g | 0% |
| Sugars 8g | |
| Protein 17g | |
| Vitamin A 0% | Vitamin C 0% |
| Calcium 2% | Iron 6% |

*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 |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

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

**Pineapple & Jalapeno
Skinless Bratwurst**

Nutrition Facts

Serving Size 1 link (112g/ 4 oz.)
Servings Per Container 6

| Amount Per Serving | |
|-------------------------------|------------------------------|
| Calories 270 | Calories from Fat 150 |
| % Daily Value* | |
| Total Fat 17g | 26% |
| Saturated Fat 6g | 30% |
| Trans Fat 0g | |
| Cholesterol 60mg | 20% |
| Sodium 810mg | 34% |
| Total Carbohydrate 10g | 3% |
| Dietary Fiber 0g | 0% |
| Sugars 8g | |
| Protein 17g | |
| Vitamin A 0% | Vitamin C 0% |
| Calcium 2% | Iron 6% |

*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 |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

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