

Perry's FAMOUS PORK CHOP

NUTRITIONAL INFORMATION

Nutrition Facts

varied servings
per container

Serving size
3 oz (84g)

Calories **190**
per serving

Amount/serving % Daily Value*

Total Fat 5g **6%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 40mg **13%**

Sodium 810mg **35%**

Vitamin D 0.5mcg 2% • Calcium 20mg 0% • Iron 1.1mg 6%
Potassium 360mg 8%

Amount/serving % Daily Value*

Total Carb 16g **6%**

Dietary Fiber less than 1g **2%**

Total Sugars 15g

Incl 15g Added Sugars **29%**

Protein 20g

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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HEATING INSTRUCTIONS FOR ONE LUNCH-CUT PORTION



OVEN (RECOMMENDED)

1. Thaw completely.
2. Preheat oven to **325°F**.
3. Remove the pork chop from plastic casing.
4. Place pork chop on aluminum foil, pour 2 tbsp of water at base of the chop, and wrap loosely to create a dome.
5. **Bake for 30 minutes.**
6. Remove from oven, open the dome, and spread Perry's Steak Butter on top of chop. **Close the dome and let it rest for 5 min.** Then serve & enjoy!



MICROWAVE

1. Thaw completely.
2. Cut slit in plastic casing.
3. Place pork chop with its plastic wrap in microwave on high heat for **4 ½ minutes.**
4. Spread Perry's Steak Butter on top of the chop and let stand for one minute before serving.