

# VENISON STEAK

## Nutrition Facts

## Valeur nutritive

Per 1 steak (112 g)  
par 1 bifteck (112 g)

Amount	% Daily Value
Teneur	% valeur quotidienne

---

**Calories / Calories 110**

---

**Fat / Lipides 1.5 g 2 %**

---

Saturated / saturés **0.6 g 3 %**  
+ Trans / trans 0 g

---

**Cholesterol / Cholestérol 60 mg**

---

**Sodium / Sodium 65 mg 3 %**

---

**Carbohydrate / Glucides 0 g 0 %**

---

Fibre / Fibres 0 g 0 %

---

Sugars / Sucres 0 g

---

**Protein / Protéines 25 g**

---

Vitamin A / Vitamine A 0 %

---

Vitamin C / Vitamine C 0 %

---

Calcium / Calcium 0 %

---

Iron / Fer 20 %