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## Whole Embden Goose



### Nutrition Facts

#### Valeur nutritive

Serving Size 100 grams

Ready-to-cook goose

Amount per Serving

Calories 305    Calories from Fat 198

	% Daily Value*
Total Fat 22g	34%
Saturated Fat 7g	34%
Trans Fat	.
Cholesterol 91mg	30%
Sodium 70mg	3%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	0%
Protein 25g	

Vitamin A	1%	Vitamin C	3%
Calcium	1%	Iron	16%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

*As our Goose production is seasonal, product may be fresh or frozen, depending on time of year.*

*From our family to yours...*

### Sizes as follows:

*(4 geese per case)*

*Less than 12 kg case (under 3 kg each)*

*12-14 kg case (3-3.5 kgs each)*

*14-16 kg case (3.5-4 kgs each)*

*16-18 kg case (4-4.5 kgs each)*

*18-20 kg case (4.5-5 kgs each)*

*20 + kg case (5 kgs each and up)*