## Manchester Farms Marinated Quail

## 11/19/2025

Nutrition	
About 4 servings per of Serving size	container 5 oz (142g)
Amount per serving Calories	200
	% Daily Value*
Total Fat 10g	13%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 120mg	40%
Sodium 1280mg	56%
Total Carbohydrate 4g	1%
Dietary Fiber 2g	7%
Total Sugars 0g	
Includes 0g Added Sug	gars 0%
Protein 24g	
Vitamin D 0.6mcg	4%
Calcium 20mg	2%
Iron 2mg	10%
Potassium 370mg	8%
*The % Daily Value 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.	

INGREDIENTS: Quail, Water, Char Grill Marinade (Salt, Maltodextrin, Rice Starch, Spices [Including Celery Seed], Gum Arabic, Natural Flavor, Sugar, Onion Powder, Torula Yeast, Garlic Powder, and less than 2% Tricalcium Phosphate added to prevent caking).