

## Earl Grey Tea Rub

<b>Nutrition Facts</b>	
<b>Serving Size</b> 1 tbsp (15ml)	
<b>Amount per serving</b>	
<b>Calories</b>	<b>380</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 41 g	<b>53 %</b>
Saturated Fat 6 g	<b>30 %</b>
<i>TransFat</i> 0 g	
<b>Cholesterol</b> 0 mg	<b>0 %</b>
<b>Sodium</b> 2370 mg	<b>103 %</b>
<b>Total Carbohydrates</b> 5 g	<b>2 %</b>
Dietary Fiber 1 g	<b>4 %</b>
Total Sugar 0 g	
Includes 0 g Added Sugars	<b>0 %</b>
<b>Protein</b> 2 g	
Vit.D 0 mcg 0 %	* Calcium 100 mg 8 %
Iron 4 mg 22 %	* Potas. 200 mg 4 %
<small>*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.</small>	
<b>Ingredients:</b> Oil olive • Salt • Tea bag earl grey tazo • Tarragon • Peppercorn • Thyme	
<b>Contains:</b>	

## Whipped Coconut Tea Potatoes

<b>Nutrition Facts</b>	
<b>Serving Size</b> 4 oz (163.66gm)	
<b>Amount per serving</b>	
<b>Calories</b>	<b>210</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 12 g	<b>15 %</b>
Saturated Fat 10 g	<b>50 %</b>
<i>TransFat</i> 0 g	
<b>Cholesterol</b> 0 mg	<b>0 %</b>
<b>Sodium</b> 350 mg	<b>15 %</b>
<b>Total Carbohydrates</b> 26 g	<b>9 %</b>
Dietary Fiber 5 g	<b>18 %</b>
Total Sugar 6 g	
Includes 0 g Added Sugars	<b>0 %</b>
<b>Protein</b> 3 g	
Vit.D 0 mcg 0 %	*
Calcium 50 mg 4 %	
Iron 1.75 mg 10 %	*
Potas. 550 mg 12 %	
*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.	
<b>Ingredients:</b> Sweet potato • Coconut milk • Salt • Tea bag green • Pepper black grd	
<b>Contains:</b> AllergenTreeNuts • Coconut • Orange • Pepper (spice) • Potatoes, Sweet	

## Herb Tea Beef Tenderloin Steak

<b>Nutrition Facts</b>	
<b>Serving Size</b> 5 oz (173.84gm)	
<b>Amount per serving</b>	
<b>Calories</b>	<b>490</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 40 g	<b>51 %</b>
Saturated Fat 16 g	<b>80 %</b>
<i>TransFat</i> 0 g	
<b>Cholesterol</b> 120 mg	<b>40 %</b>
<b>Sodium</b> 240 mg	<b>10 %</b>
<b>Total Carbohydrates</b> 0 g	<b>0 %</b>
Dietary Fiber 0 g	<b>0 %</b>
Total Sugarss 0 g	
Includes 0 g Added Sugars	<b>0 %</b>
<b>Protein</b> 32 g	
Vit.D 0 mcg 0 %	* Calcium 20 mg 2 %
Iron 4.5 mg 25 %	* Potas. 550 mg 12 %
*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.	
<b>Ingredients:</b> Beef tenderloin • Earl grey tea rub (tea bag earl grey tazo, peppercorn, tarragon, salt, thyme, oil olive)	
<b>Contains:</b>	

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<b>Serving Size</b> 1 tbsp (15ml)	
<b>Amount per serving</b>	
<b>Calories</b>	<b>380</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 41 g	<b>53 %</b>
Saturated Fat 6 g	<b>30 %</b>
<i>TransFat</i> 0 g	
<b>Cholesterol</b> 0 mg	<b>0 %</b>
<b>Sodium</b> 2370 mg	<b>103 %</b>
<b>Total Carbohydrates</b> 5 g	<b>2 %</b>
Dietary Fiber 1 g	<b>4 %</b>
Total Sugarss 0 g	
Includes 0 g Added Sugars	<b>0 %</b>
<b>Protein</b> 2 g	
Vit.D 0 mcg 0 %	*
Calcium 100 mg 8 %	
Iron 4 mg 22 %	*
Potas. 200 mg 4 %	
<small>*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.</small>	
<b>Ingredients:</b> Oil olive • Salt • Tea bag earl grey tazo • Tarragon • Peppercorn • Thyme	
<b>Contains:</b>	