



Beef Stew (1012)

02/19/2020

Nutrition Facts	
Serving Size 1 cup (270g)	
Servings Per Container 22	
Amount Per Serving	
Calories 200	Calories from Fat 45
% Daily Value*	
Total Fat 5g	7%
Saturated Fat 2g	11%
Trans Fat 0g	
Cholesterol 60mg	19%
Sodium 790mg	33%
Total Carbohydrate 17g	6%
Dietary Fiber 3g	13%
Sugars 4g	
Protein 22g	
Vitamin A 60% • Vitamin C 20%	
Calcium 4% • Iron 20%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: BEEF, WATER, POTATO (Potatoes, Sodium Acid Pyrophosphate[SAPP] may be used as a processing aid to retain natural color), CARROTS, ONIONS, TOMATO DICED (Tomatoes, Tomato Juice, Calcium Chloride, Citric Acid [as required]), PEAS, BEEF BASE (Roasted Beef and Concentrated Beef Stock, Salt, Hydrolyzed Soy, Corn and Wheat Proteins, Maltodextrin, Autolyzed Yeast Extract, Palm Oil, Sugar, Caramel Color, Onion Powder, 2% or Less of Corn Oil, Disodium Inosinate, Disodium Guanylate, Modified Cornstarch, Natural Flavors, Lactic Acid), WORCESTERSHIRE SAUCE (Water, Organic Vinegar, Organic Gluten-Free Tamari [water, organic soybeans and salt], Organic Sugar, Salt, Organic Garlic Powder, Organic Onion Powder and Organic Spices), CELERY, MODIFIED FOOD STARCH (corn), CHOPPED GARLIC (Garlic, Water, Citric Acid), THYME, GROUND ROSEMARY, BLACK PEPPER, GROUND BAY LEAVES, XANTHAN GUM

ALLERGEN: Contains Soy, Wheat. Manufactured on equipment that processes products containing Soy, Eggs, Milk, Wheat, Fish and Crustacean Shellfish

Order Number: C711012