



Reduced Sodium Beef Stew (180)

11/20/2018

Nutrition Facts	
Serving Size 1 cup (270g)	
Servings Per Container 22	
Amount Per Serving	
Calories 190	Calories from Fat 45
% Daily Value*	
Total Fat 5g	7%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 230mg	10%
Total Carbohydrate 16g	5%
Dietary Fiber 3g	11%
Sugars 3g	
Protein 21g	
Vitamin A 70% • Vitamin C 20%	
Calcium 4% • Iron 15%	
*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, LOW SODIUM BEEF BASE (Roasted Beef and Concentrated Beef Stock, Maltodextrin, Autolyzed Yeast Extract, Cornstarch, Hydrolyzed Corn Protein, Carrot Puree, Natural Flavors, 2% or Less of Disodium Inosinate/Disodium Guanylate, Caramel Color, Salt, Corn Oil, Spices and Coloring, Potato Starch, Dextrose, Lactic Acid), CELERY, MODIFIED FOOD STARCH (corn), CHOPPED GARLIC (Garlic, Water, Citric Acid), GROUND ROSEMARY, THYME, BLACK PEPPER, GROUND BAY LEAVES, XANTHAN GUM
ALLERGEN: Manufactured on equipment that processes products containing Soy, Eggs, Milk, Wheat, Fish and Crustacean Shellfish

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