

MOM Beef Stew

Nutrition Facts

1 servings per container

Serving size 1 Pouch (283g)

Amount Per Serving

Calories **350**

% Daily Value*

Total Fat 18g **23%**

Saturated Fat 6g **30%**

Trans Fat 0g

Cholesterol 60mg **20%**

Sodium 430mg **19%**

Total Carbohydrate 31g **11%**

Dietary Fiber 4g **14%**

Total Sugars 4g

Includes 0g Added Sugars **0%**

Protein 17g

Vitamin D 0mcg **0%**

Calcium 80mg **6%**

Iron 2.6mg **15%**

Potassium 680mg **15%**

*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.