

# MOM Old World Stew

## Nutrition Facts

1 servings per container

**Serving size** 1 Pouch (283g)

**Amount Per Serving**

**Calories** **420**

**% Daily Value\***

**Total Fat** 20g **26%**

Saturated Fat 7g **35%**

*Trans* Fat 0g

**Cholesterol** 65mg **22%**

**Sodium** 440mg **19%**

**Total Carbohydrate** 41g **15%**

Dietary Fiber 4g **14%**

Total Sugars 2g

Includes 0g Added Sugars **0%**

**Protein** 19g

Vitamin D 0mcg **0%**

Calcium 70mg **6%**

Iron 2.6mg **15%**

Potassium 550mg **10%**

\*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.