

MOM Kosher & Halal
Vegetarian Stew

Nutrition Facts

1 servings per container

Serving size 1 Pouch (283g)

Amount Per Serving

Calories **310**

% Daily Value*

Total Fat 12g **15%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 580mg **25%**

Total Carbohydrate 42g **15%**

Dietary Fiber 8g **29%**

Total Sugars 5g

Includes 0g Added Sugars **0%**

Protein 10g

Vitamin D 0mcg **0%**

Calcium 70mg **6%**

Iron 3.1mg **15%**

Potassium 660mg **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.