

Beef Stew

Nutrition Facts

3 Servings Per Container

Serving Size 10 oz (888g)

Amount Per Serving

Calories 620

% Daily Value *

Total Fat 18g **23%**

Saturated Fat 9g **43%**

Trans Fat 0g

Cholesterol 175mg **59%**

Sodium 530mg **25%**

Total Carbohydrates 54g **20%**

Dietary Fiber 9g **33%**

Total Sugars 12g

Includes 0g Added Sugars **0%**

Protein 58g

Vitamin D 0.2mcg 0%

Calcium 150mg 10%

Iron 8.3mg 45%

Potassium 1710mg 35%

* 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.

Ingredients: Water, White Potatoes, Beef Chuck, Sweet Onions, Carrots, Unsalted Butter, All-Purpose Flour, Thyme, Beef Broth, Bay leaf

Contains: Milk, Wheat