

Irish Beef Stew Gluten Free & Keto (No Beer)

Nutrition Facts

Serving Size: 1/3 Stew (0.0g)

Servings Per Container: 3

Amount Per Serving

Calories 260 Calories from Fat 120

% Daily Value*

Total Fat 13g **20%**

Saturated Fat 3.5g **18%**

Trans Fat 0g

Cholesterol 90mg **30%**

Sodium 580mg **24%**

Total Carbohydrate 3g **1%**

Dietary Fiber <1g **4%**

Sugars 1g

Sugar Alcohol 0g

Protein 32g

Vitamin A 80% • Vitamin C 2%

Calcium 2% • Iron 20%

* 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
Sat 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

CONTAINS: SOY

VALUES ARE FOR ENTREE AND DO NOT INCLUDE VALUES FOR SIDE ITEMS (RICE, PASTA, POTATOES, ETC).

MODIFICATIONS TO THE ORIGINAL RECIPE (LOW SODIUM, INGREDIENT SUBSTITUTIONS, ETC) WILL GREATLY ALTER THESE NUTRITIONAL FACTS