

Irish Beef Stew

Nutrition Facts

Serving Size: 1/3 Stew (0.0g)

Servings Per Container: 3

Amount Per Serving

Calories 290 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 5g **2%**

Dietary Fiber <1g **4%**

Sugars 1g

Sugar Alcohol 0g

Protein 32g

Vitamin A 80% • Vitamin C 2%

Calcium 4% • 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: WHEAT, 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