

Tender Bit Stew

Nutrition Facts			
Serving Size 8 ounces (270g)			
Servings Per Container 1			
Amount Per Serving			
Calories	230	Calories from Fat	30
% Daily Value*			
Total Fat	10g		16%
Saturated Fat	0g		2%
Trans Fat	0g		
Polyunsaturated Fat	2g		
Monounsaturated Fat	1.5g		
Cholesterol	0mg		0%
Sodium	730mg		30%
Potassium	390mg		11%
Total Carbohydrate	20g		7%
Dietary Fiber	4g		15%
Sugars	6g		
Protein	9g		
Vitamin A	35%	• Vitamin C	40%
Calcium	2%	• Iron	8%
Thiamin	15%	• Riboflavin	20%
Niacin	8%	• Vitamin B6	15%
Folacin	6%	• Vitamin B12	0%
Phosphorus	4%	• Zinc	2%
*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	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat	9	* Carbohydrate	4 * Protein 4