

Nutrition Facts

Serving Size 1 cup (49g) dry mix
(Makes 1 cup prepared)
Servings Per Container About 10

Amount Per Serving

Calories 190

Calories From Fat 60

% Daily Value*

Total Fat 6g 9%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 20mg 7%

Sodium 860mg 36%

Total Carbohydrate 22g 7%

Dietary Fiber 3g 12%

Sugars 2g

Protein 13g 26%

Vitamin A 15% -Vitamin C 15%

Calcium 2% -Iron 8%

*Percent Daily Values (DV) 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 Carb.		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

INGREDIENTS:

Potatoes (potato, sodium acid pyrophosphate [color retention]) • Cooked Beef (beef, salt) • Carrots • Green Peas (peas, salt) • Corn Oil with Spice Extract

Less than 2% of: Modified Corn Starch • Hydrolyzed Vegetable Protein (corn, yeast, wheat gluten, soy protein, soybean oil) • Dehydrated Onions • Sugar • Spice • Garlic Powder

CONTAINS: Soy, Wheat

Serving sizes are based on USDA/FDA 'Reference Amounts Customarily Consumed' and are for comparison purposes. Your mileage will vary based on your metabolism and activity level. We recommend determining your caloric needs and basing your purchasing decisions on calories rather than 'servings'.

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