

Thick-It
Beef Stew

Nutrition Facts

5 servings per container

Serving size 1/3 cup (79g)

Amount Per Serving

Calories **90**

% Daily Value*

Total Fat 3.5g **4%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 15mg **5%**

Sodium 390mg **17%**

Total Carbohydrate 7g **3%**

Dietary Fiber 1g **4%**

Total Sugars 1g

Includes 0g Added Sugars **0%**

Protein 7g **14%**

Vitamin D 0mcg **0%**

Calcium 16mg **2%**

Iron 1mg **6%**

Potassium 131mg **2%**

*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.