

Dinty Moore Beef Stew

Nutrition Facts

Serving Size 1 bowl (283g)

Serving Per Container 1

Amount Per Serving

Calories 250 Calories from Fat 100

% Daily Value *

Total Fat 11g **17%**

 Saturated Fat 5g **25%**

 Trans Fat 0g

Cholesterol 40mg **13%**

Sodium 1250mg **52%**

Total Carbohydrate 22g **7%**

 Dietary Fiber 2g **8%**

 Sugars 3g

Protein 15g

Vitamin A 30% Vitamin C 4%

Calcium 2% Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Value may be higher or lower depending on your calorie needs.