

Vital Cuisine - Vegetarian Stew

Nutrition Facts

Serving Size 213g

Serving Per Container 1

Amount Per Serving

Calories 330 Calories from Fat 150

% Daily Value *

Total Fat 17g **26%**

Saturated Fat 2.5g **13%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 670mg **28%**

Total Carbohydrate 32g **11%**

Dietary Fiber 5g **20%**

Sugars 3g

Protein 11g

Vitamin A 20% Vitamin C 0%

Calcium 6% Iron 8%

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