

## J&M Beef & Lentil Stew

# Nutrition Facts

1 servings per container

**Serving size** 1 Pouch (283g)

**Amount Per Serving**

**Calories** 310

% Daily Value\*

**Total Fat** 11g 14%

Saturated Fat 3.5g 18%

*Trans* Fat 0g

**Cholesterol** 55mg 18%

**Sodium** 450mg 20%

**Total Carbohydrate** 31g 11%

Dietary Fiber 7g 25%

Total Sugars 5g

Includes <1g Added Sugars 2%

**Protein** 22g

Vitamin D 0mcg 0%

Calcium 90mg 6%

Iron 4.1mg 25%

Potassium 660mg 15%

\*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.