

J&M® Halal Beef Stew

Nutrition Facts

1 servings per container

Serving size 1 Pouch (283g)

Amount Per Serving

Calories 310

% Daily Value*

Total Fat 13g 17%

Saturated Fat 4g 20%

Trans Fat 0g

Cholesterol 55mg 18%

Sodium 420mg 18%

Total Carbohydrate 31g 11%

Dietary Fiber 4g 14%

Total Sugars 4g

Includes 0g Added Sugars 0%

Protein 19g

Vitamin D 0mcg 0%

Calcium 80mg 6%

Iron 2.7mg 15%

Potassium 710mg 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.