

My Own Meal
Mushroom Stroganoff

Nutrition Facts

1 servings per container

Serving size 1 Pouch (283g)

Amount Per Serving

Calories 350

% Daily Value*

Total Fat 14g 18%

Saturated Fat 6g 30%

Trans Fat 0g

Cholesterol 30mg 10%

Sodium 400mg 17%

Total Carbohydrate 39g 14%

Dietary Fiber 3g 11%

Total Sugars 6g

Includes 0g Added Sugars 0%

Protein 17g

Vitamin D 0mcg 0%

Calcium 330mg 25%

Iron 2.2mg 10%

Potassium 380mg 8%

*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.