

Loma Linda
Southwest Chunky Stew

Nutrition Facts

1 servings per container

Serving size 1 Cup (285g)

Amount Per Serving

Calories **250**

% Daily Value*

Total Fat 4.5g **6%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 1490mg **65%**

Total Carbohydrate 37g **13%**

Dietary Fiber 9g **32%**

Total Sugars 3g

Includes 0g Added Sugars **0%**

Protein 14g **28%**

Vitamin D 0mcg **0%**

Calcium 100mg **8%**

Iron 2.9mg **15%**

Potassium 750mg **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.