

## Thick-It Beef Stew Puree

# Nutrition Facts

Serving Size 1/3 cup (79g)

Serving Per Container 5



Amount Per Serving

**Calories** 80    Calories from Fat 25

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% Daily Value \*

**Total Fat** 2.5g                          **4%**

    Saturated Fat 1g                      **5%**

    Trans Fat 0g

**Cholesterol** 15mg                      **5%**

**Sodium** 390mg                              **16%**

**Total Carbohydrate** 5g                      **2%**

    Dietary Fiber 0g                      **0%**

    Sugars 1g

**Protein** 9g



Vitamin A 30%                      Vitamin C 0%

Calcium 10%                      Iron 6%

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