

Beef Tenderloin with Asparagus & Mushrooms IP

Nutrition Facts

Serving Size: 12 oz (340g)

Servings Per Container: 1

Amount Per Serving

Calories 310 Calories from Fat 170

% Daily Value*

Total Fat 19g **29%**

Saturated Fat 4g **20%**

Trans Fat 0g

Cholesterol 70mg **23%**

Sodium 730mg **30%**

Total Carbohydrate 9g **3%**

Dietary Fiber 3g **12%**

Sugars 4g

Protein 30g

Vitamin A 15% • Vitamin C 15%

Calcium 6% • Iron 35%

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

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: MUSHROOMS, BEEF TENDERLOIN, ASPARAGUS, EXTRA VIRGIN OLIVE OIL, GARLIC, KOSHER SALT, THYME, BLACK PEPPER

WHAT'S FOR SUPPER, INC.
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