

# Korean Pork Rib Stew

## Nutrition Facts

1 serving per container

**Serving size** 16 oz (454g)

**Amount Per Serving**

**Calories** 540

**% Daily Value\***

**Total Fat** 3g 4%

Saturated Fat 1g 5%

*Trans* Fat 0g

**Cholesterol** 20mg 7%

**Sodium** 1140mg 50%

**Total Carbohydrate** 115g 42%

Dietary Fiber 16g 57%

Total Sugars 37g

Includes 4g Added Sugars 8%

**Protein** 16g

Vitamin D 2.3mcg 10%

Calcium 100mg 8%

Iron 2.8mg 15%

Potassium 1920mg 40%

\* 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.

INGREDIENTS: SHIITAKE MUSHROOMS, CARROTS, BUTTERNUT SQUASH, CHESTNUTS, ORANGE JUICE, MIRIN, PORK RIBS, APPLE JUICE, TARO, SCALLIONS, ONION, SOY SAUCE, GARLIC, SUGAR, GINGER

CONTAINS: SOY

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