

Mongolian Beef & Vegetables

Nutrition Facts

Serving Size: 16 (454g)

Servings Per Container: 1

Amount Per Serving

Calories 450 Calories from Fat 170

% Daily Value*

Total Fat 19g **29%**

Saturated Fat 3.5g **18%**

Trans Fat 0g

Cholesterol 70mg **23%**

Sodium 1480mg **62%**

Total Carbohydrate 40g **13%**

Dietary Fiber 8g **32%**

Sugars 5g

Protein 34g

Vitamin A 60% • Vitamin C 170%

Calcium 10% • Iron 30%

* 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: ROUND STEAK, SCALLIONS, RED BELL PEPPERS, SHIITAKE MUSHROOMS, BROCCOLI, BAMBOO SHOOTS, TAMARI, GRAPE SEED OIL, DRY SHERRY, GARLIC, SAMBAL OELEK, SESAME OIL, KOSHER SALT, BLACK PEPPER

CONTAINS: SOY

WHAT'S FOR SUPPER, INC.
120 GREENE STREET
HUNTSVILLE, AL 35801