

Stir Fry Beef & Vegetables IP

Nutrition Facts

Serving Size: 12 oz (340g)

Servings Per Container: 1

Amount Per Serving

Calories 320 Calories from Fat 120

% Daily Value*

Total Fat 13g **20%**

Saturated Fat 3g **15%**

Trans Fat 0g

Cholesterol 90mg **30%**

Sodium 650mg **27%**

Total Carbohydrate 13g **4%**

Dietary Fiber 5g **20%**

Sugars 6g

Protein 37g

Vitamin A 100% • Vitamin C 290%

Calcium 10% • Iron 25%

* 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, RED BELL PEPPERS, BROCCOLI, SCALLIONS, BAMBOO SHOOTS, RAW, TAMARI, GRAPE SEED OIL, PARSLEY, GARLIC, SAMBAL OELEK, GINGER

CONTAINS: SOY

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