

# Beef Pot Pie

## Ingredients

Beef, Carrots, Biscuit Mix, dry, Onion, Flour, all purpose, bleached, enrich, Base, vegetable beef, w/o msg, FS, Olive Oil, Salt.

## Nutrients per serving

<b>Nutrition Facts</b>	
Serving Size 6 ounce (170g)	
Servings Per Container 1	
Amount Per Serving	
<b>Calories 270</b>	<b>Calories from Fat 110</b>
% Daily Value*	
<b>Total Fat 12g</b>	<b>18%</b>
Saturated Fat 4g	<b>20%</b>
Trans Fat 0g	
<b>Cholesterol 65mg</b>	<b>22%</b>
<b>Sodium 400mg</b>	<b>17%</b>
<b>Total Carbohydrate 17g</b>	<b>6%</b>
Dietary Fiber 4g	<b>16%</b>
Sugars 3g	
<b>Protein 23g</b>	
Vitamin A 100% • Vitamin C 4%	
Calcium 8% • Iron 15%	
*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
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300 mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	