

Beef Stroganoff

Ingredients

Fresh Beef, Juice, tomato, Brown Mushrooms, Sour Cream, Onion, Flour, all purpose, bleached, enrich, Olive Oil, Apple Cider Vinegar, Base, vegetable beef, w/o msg, FS.

Nutrients per serving

Nutrition Facts	
Serving Size (152g)	
Servings Per Container 1	
Amount Per Serving	
Calories 260	Calories from Fat 140
% Daily Value*	
Total Fat 16g	25%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 65mg	22%
Sodium 280mg	12%
Total Carbohydrate 6g	2%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 21g	
Vitamin A 2%	• Vitamin C 8%
Calcium 2%	• Iron 10%
*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	