

Beef with Asian Vegetables

Ingredients

Beef, Corn, baby, white, kernel, fzn, Broccoli, Onion, Peppers, bell, red yellow & green, sweet, strips, fzn, Bok Choy, Sauce, soy, light, Onion, Garlic, Ginger.

Nutrients per serving

Nutrition Facts	
Serving Size 4 ounce (227g)	
Servings Per Container	
Amount Per Serving	
Calories 200	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 380mg	16%
Total Carbohydrate 18g	6%
Dietary Fiber 4g	16%
Sugars 4g	
Protein 20g	
Vitamin A 20%	• Vitamin C 80%
Calcium 6%	• 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	