

Cook's Beef Diced for Stew

8/9/99

Nutrition Facts	
Serving Size (113g)	
Servings Per Container	
Amount Per Serving	
Calories 200	Calories from Fat 100
% Daily Value*	
Total Fat 11g	17%
Saturated Fat 4.5g	22%
Cholesterol 70mg	23%
Sodium 70mg	3%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 23g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	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 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

LEE

Beef Diced For Stew

1" x 1"

Ingredients: Beef, Water, Dextrose, Sodium Phosphate, Modified Food Starch, Autolyzed Yeast Extract, Hydrolyzed Corn Protein.



NET WT. 10 LBS.

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PACKED FOR LEE FOODS, BERWICK, PA 18603
KEEP FROZEN

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