

STROGANOFF BEEF

INGREDIENTS: Freeze-dried Beef, Dried Beef Extract (concentrated beef stock, beef type flavor (yeast extract, salt), salt), Sour Cream Powder (cultured cream (cream, nonfat milk, culture, enzymes), salt, lactic acid), Natural Mushroom Flavor (yeast extract, maltodextrin, salt, and natural flavor (contains canola oil), Partially Hydrogenated Soybean and/or Cottonseed Oil. **CONTAINS MILK.**

Net Wt. 2.1 oz (60g)

Nutrition Facts

Serving Size 1/4 Pouch (15g)

Servings Per Container 4

Amount Per Serving

Calories 70 **Calories from Fat 25**

% Daily Value*

Total Fat 3g **5%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 25mg **8%**

Sodium 350mg **15%**

Total Carbohydrate 0g **0%**

Dietary Fiber 0g **0%**

Sugars 0g

Protein 11g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 6%

*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