

Pot Roast Gourmet with Natural Juices (Frozen)

Calories

90

Cholesterol

45
mg

Total Fat

3
g

Sodium

220
mg

Protein

12
g

Nutrition Facts

Serving Size 2oz. (56g)

Servings Per Container Varied

Amount Per Serving

Calories 90

Calories from Fat 25

% Daily Value*

Total Fat 3g 5%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol 45mg 15%

Sodium 220mg 9%

Total Carbohydrate 1g 0%

Dietary Fiber 0g 0%

Sugars 0g

Protein 12g

Vitamin A 0%

● Vitamin C 0%

Calcium 0%

● Iron 8%

*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
Sat. 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

Ingredients: Beef, Water, Contains 2% Or Less Of: Rice Sauce (Rice, Water, Salt), Sugar, Lemon Juice Concentrate, Yeast Extract, Salt, Vinegar, Natural Flavors, Dehydrated Carrot, Dehydrated Onion, Paprika, Garlic Extractives.