

Beef Tips and Gravy

Calories

100

Cholesterol

40
mg

Total Fat

4
g

Sodium

190
mg

Protein

13
g

Nutrition Facts

Serving Size 2 oz. (56g)

Servings Per Container Varied

Amount Per Serving

Calories 100 Calories from Fat 35

% Daily Value*

Total Fat 4g 6%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol 40mg 13%

Sodium 190mg 8%

Total Carbohydrate 2g 1%

Dietary Fiber 0g 0%

Sugars 0g

Protein 13g

Vitamin A 0% • Vitamin C 0%

Calcium 2% • 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: Turkey Breast, Turkey Broth and 2% or less of the following: Salt, Sugar, Carrageenan, Sodium Citrate, Sodium Phosphate, Sodium Diacetate