

Pot Roast with Gravy (Frozen)

Calories

90

Cholesterol

35
mg

Total Fat

3.5
g

Sodium

230
mg

Protein

12
g

Nutrition Facts

Serving Size 2oz. (56g)
Servings Per Container Varied

Amount Per Serving

Calories 90 Calories from Fat 30

% Daily Value*

Total Fat 3.5g 5%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol 35mg 12%

Sodium 230mg 10%

Total Carbohydrate 1g 0%

Dietary Fiber 0g 0%

Sugars 0g

Protein 12g

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: Beef, Water, Salt, Gravy (Water, Corn Starch, Wheat Flour, Hydrolyzed Vegetable Protein (Hydrolyzed Corn Protein, Safflower Oil), Food Starch-Modified, Salt, Beef Broth Flavor (Beef Broth, Flavor, Salt), Onion Powder, Rendered Beef Fat, Corn Oil, Flavor (Contains Maltodextrin), Yeast Extract, Tricalcium Phosphate, Caramel Color, Disodium Inosinate, Disodium Guanylate, Natural Flavors., Sodium Phosphate, Corn Syrup Solids, Sugar, Onion and Garlic Powder, Beef Broth, Extractives of Spices