

Entree Iranian Beef Stew
4oz

Nutrition Facts	
1 servings per container	
Serving size	4oz (115g)
Amount per serving	
Calories	410
% Daily Value*	
Total Fat 26g	33 %
Saturated Fat 10g	49 %
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 11g	
Cholesterol 130mg	43 %
Sodium 590mg	26 %
Total Carbohydrate 5g	2 %
Dietary Fiber 2g	6 %
Total Sugars 0g	
Includes 0g Added Sugars	0 %
Protein 39g	
Vitamin D 0mcg	0%
Calcium 95mg	8%
Iron 6mg	35%
Potassium 580mg	10%
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

INGREDIENTS: Halal Ground Beef, Ground Black Pepper, Ground Cumin, Spice Cloves Whole, Ground Coriander, Ground Nutmeg, Ground Cinnamon, Spice Cardamom.