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%
Trans 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%

* 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.

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