

Rochester Meat Company

Beef Stew Meat 01340

Nutrition Facts

Serving Size 100 grams (100g)

Amount Per Serving

Calories 220 **Calories from Fat 140**

% Daily Value*

Total Fat 15g **23%**

 Saturated Fat 6g **30%**

 Trans Fat 1g

Cholesterol 65mg **21%**

Sodium 60mg **2%**

Total Carbohydrate 0g **0%**

 Dietary Fiber 0g **0%**

 Sugars 0g

Protein 19g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 10%

*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	
Saturated Fat	Less Than	20g	25g	
Cholesterol	Less Than	300mg	300 mg	
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. Contains no allergens.

Notes:

As per Genesis software database