

Tuscan Bean Stew

Nutrition Facts

6 servings per container

Serving size (0.0g)

Amount Per Serving

Calories **270**

% Daily Value*

Total Fat 7g **9%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 170mg **7%**

Total Carbohydrate 41g **15%**

Dietary Fiber 9g **32%**

Total Sugars 6g

Includes 0g Added Sugars **0%**

Protein 16g **32%**

Vitamin D 0mcg 0%

Calcium 170mg 15%

Iron 5.5mg 30%

Potassium 1380mg 30%

Vitamin A 4160mcg 460%

Vitamin C 13mg 15%

Vitamin E 1.6mg 10%

Vitamin K 118mcg 100%

Thiamin 0.3mg 20%

Riboflavin 0.2mg 20%

Niacin 4.4mg 25%

Vitamin B6 0.4mg 25%

Folate 215mcg DFE 50%

Vitamin B12 0.2mcg 10%

Pantothenic Acid 0.8mg 15%

Phosphorus 250mg 20%

Magnesium 110mg 25%

Zinc 2mg 20%

Selenium 6mcg 10%

Copper 0.6mg 70%

Manganese 1.1mg 50%

* 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: CHICKEN BROTH (CHICKEN STOCK, CONTAINS LESS THAN 2% OF: YEAST EXTRACT, DEHYDRATED CHICKEN, NATURAL FLAVORING, CARROT JUICE CONCENTRATE, CELERIAC JUICE CONCENTRATE, CHICKEN FAT, ONION EXTRACT), CARROTS, BEANS, WHITE, MATURE SEEDS, RAW, CELERY, SWEET POTATO, ONION, SPINACH, OLIVE OIL, GARLIC