Chinese Beef with Broccoli & Tomatoes

Nutrition Facts Serving Size: 1 (340g) Servings Per Container: 1			
Amount Per Serving			
Calories 230	Ca	lories fro	m Fat 80
% Daily Value*			
Total Fat 9g			14%
Saturated Fat 2g			10%
Trans Fat 0g	•		
Cholesterol 70mg 23%			
			26%
Total Carbohydrate 10g 3%			
Dietary Fiber 4g 16 %			
Sugars 4g	5		
Protein 30g			
Hotein bog			
Vitamin A 60%	•	Vitamir	n C 120%
Calcium 8%	•		Iron 20%
* 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

INGREDIENTS: BEEF, ROUND, TOP ROUND, STEAK, SEPARABLE LEAN ONLY, TRIMMED TO 1/8" FAT, CHOICE, RAW, TOMATOES, BROCCOLI, FLOWER CLUSTERS, RAW, SCALLIONS, TAMARI (WATER, SOYBEANS, SALT, ALCOHOL (TO PRESERVE FRESHNESS)), CANOLA OIL, GINGER, SAMBAL OELEK

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