

Flank Steak Asparagus & Sweet Potato Mash CCC

Nutrition Facts

Serving Size: 16 oz (454g)

Servings Per Container: 1

Amount Per Serving

Calories 430 **Calories from Fat** 190

% Daily Value*

Total Fat 21g **32%**

Saturated Fat 8g 40%

Trans Fat 0g

Cholesterol 110mg **37%**

Sodium 590mg **25%**

Total Carbohydrate 26g **9%**

Dietary Fiber 5g	20%
------------------	------------

Sugars 6g

Protein 34a

Vitamin A 330% • Vitamin C 10%

Calcium 10%	•	Iron 25%
-------------	---	----------

* 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: FLANK STEAK, SWEET
POTATO, ASPARAGUS, EXTRA VIRGIN
OLIVE OIL, GHEE, GARLIC, BLACK
PEPPER, KOSHER SALT, THYME

WHAT'S FOR SUPPER, INC.
120 GREENE STREET
HUNTSVILLE, AL 35801