

# Guinness Stew

## Nutrition Facts

1 serving per container

**Serving size (461g)**

**Amount Per Serving**

**Calories 400**

**% Daily Value\***

**Total Fat** 15g **19%**

Saturated Fat 4.5g **23%**

Trans Fat 0g

**Cholesterol** 115mg **38%**

**Sodium** 610mg **27%**

**Total Carbohydrate** 19g **7%**

Dietary Fiber 2g **7%**

Total Sugars 6g

Includes 0g Added Sugars **0%**

**Protein** 44g

Vitamin D 0.2mcg 0%

Calcium 60mg 4%

Iron 4.7mg 25%

Potassium 1060mg 25%

\*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: BEEF, CHICKEN STOCK (CHICKEN, WATER, CARROTS, CELERY, ONIONS, SALT, PEPPER), GUINNESS STOUT, ONION, CARROTS, CELERY, TOMATO PASTE (TOMATOES, SPICES, NATURAL FLAVORS, CITRIC ACID), WHEAT FLOUR, OLIVE OIL, GARLIC, SPICE

CONTAINS: WHEAT

PEAK KITCHEN, LLC  
GREELEY, CO

REHEAT TO MINIMUM 165 DEGREES  
FAHRENHEIT  
CONTENTS WILL BE HOT