

Entree Iranian Beef Stew
4oz

Nutrition Facts

4oz (115g) Serving size	
Amount Per Serving	
Total Fat	15g
Cholesterol	100mg
Sodium	500mg
Total Carbohydrate	20g
Fiber	5g
Sugars	10g
Protein	39g
Vitamin D	0mg
Calcium	50mg
Iron	10mg
Potassium	500mg