



Yankee Pot Roast with Vegetables - As Packaged

VEGETABLES (potatoes, carrots, cabbage, onions, celery), COOKED BEEF (beef, water, salt), BEEF STOCK (water, beef base [cooked beef, salt, autolyzed yeast extract, sugar, dehydrated beef extract, onion powder, canola oil, lactic acid powder {with modified corn starch}, caramel color, garlic powder, soy lecithin, maltodextrin]), VEGETABLE STOCK (water, vegetable base [salt, yeast extract, sugar, dextrose, soybean oil, onion powder, cornstarch, tomato powder, celery powder, garlic powder, paprika, black pepper, caramel color]), DICED TOMATOES IN JUICE (tomatoes, tomato juice, citric acid, calcium chloride), ENRICHED FLOUR (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), TOMATO PASTE, MODIFIED CORNSTARCH, BUTTER (cream, salt), CANOLA OIL, GREEN ONIONS, GARLIC, WORCESTER-SHIRE SAUCE (distilled vinegar, molasses, corn syrup, water, salt, caramel color, garlic powder, sugar, spices, tamarind, natural flavor, sulfiting agent [ammonium bisulfite, sulfur dioxide]), CULTURED DEXTROSE ON MALTODEXTRIN, SALT, SPICES, CITRIC ACID.

THIS PRODUCT CONTAINS: SOYBEANS, WHEAT, MILK

As Prepared

Nutrition Facts	
Serving Size 1 cup Prepared (245g)	
Servings Per Container 15	
Amount Per Serving	
Calories 120	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 1.5g	6%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 820mg	34%
Total Carbohydrate 14g	5%
Dietary Fiber 2g	7%
Sugars 3g	
Protein 6g	
Vitamin A 50%	• Vitamin C 20%
Calcium 4%	• Iron 6%
*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
Saturated 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