

NUTRITIONAL INFORMATION - BEEF STIR FRY W/RICE

Servings per package: 1	Servings size:		
	SMALL	MEDIUM	LARGE
	270G	350G	400G
	SMALL	MEDIUM	LARGE
Energy	286 cal	458 cal	610 cal
Protein	27g	40g	53g
Fat, total	1g	7g	10g
saturated	0.1g	0.7g	1g
Carbohydrate, total	42g	60g	80g
sugars	7g	9g	12g
Sodium	948mg	1,185mg	1,580mg

NUTRITIONAL INFORMATION - BEEF STIR FRY W/SWEET POTATO

Servings per package: 1	Servings size:		
	SMALL	MEDIUM	LARGE
	270G	350G	400G
	SMALL	MEDIUM	LARGE
Energy	300 cal	400 cal	534 cal
Protein	31g	39g	52g
Fat, total	6g	7g	10g
saturated	0.6g	0.7g	1g
Carbohydrate, total	32g	45g	60g
sugars	7g	9g	12g
Sodium	790mg	1,185mg	1,580mg

NUTRITIONAL INFORMATION - BEEF STIR FRY W/PASTA

Servings per package: 1	Servings size:		
	SMALL	MEDIUM	LARGE
	270G	350G	400G
	SMALL	MEDIUM	LARGE
Energy	381 cal	522 cal	696 cal
Protein	36g	47g	63g
Fat, total	7g	9g	12g
saturated	0.7g	0.2g	1.2g
Carbohydrate, total	42g	60g	80g
sugars	2g	2g	3g
Sodium	963mg	1,280mg	1,610mg

NUTRITIONAL INFORMATION - BEEF STIR FRY W/VEGETABLES

Servings per package: 1	Servings size:		
	SMALL	MEDIUM	LARGE
	270G	350G	400G
	SMALL	MEDIUM	LARGE
Energy	183 cal	220 cal	369 cal
Protein	26g	33g	50g
Fat, total	1g	1g	9g
saturated	0.1g	0.1g	0.9g
Carbohydrate, total	15g	18g	22g
sugars	10g	12g	3g
Sodium	642mg	802mg	1,610mg