Beef Stew

Angus Beef, Water, Potatoes, Onions, Carrots, Celery, Pearl Onions, Peas, Turnips, Red Wine (contains sulfites), Corn Starch, Sea Salt, Corn Oil, Beef Stock, Parsley, Black Pepper, Thyme.

Cal: 230	**Total Fat: 8g**	**Sat Fat: 3g**	**Trans Fat: 0g**	**Chol: 65mg**
Sodium: 610mg	**Total Carb: 16g**	**Fiber: 3g**	**Sugars: 4g**	**Protein: 22g**

Nutritional information based on 1 cup (8oz) serving.

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