

NUTRITIONAL FACTS

SWEET HERITAGE BY CARLA HALL

Brunswick Stew

Nutrition Facts	
About 4 servings per container	
Serving size	1 Cup(226g)
Amount per serving	
Calories	160
	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 600mg	26%
Total Carbohydrate 23g	8%
Dietary Fiber 3g	11%
Total Sugars 8g	
Includes 4g Added Sugars	8%
Protein 14g	
Vitamin D 0mcg	0%
Calcium 59mg	4%
Iron 1mg	6%
Potassium 228mg	4%
<small>*The % Daily Value 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.</small>	

INGREDIENTS: WATER, COOKED DARK AND WHITE CHICKEN MEAT, TOMATOES (Chopped Tomatoes, Tomato Puree, Salt, Citric Acid (Naturally Derived)), POTATOES, LIMA BEANS, CORN, TOMATO PUREE (Tomato Concentrate (Water, Tomato Paste), and Citric Acid), ONION, CELERY, WORCESTERSHIRE SAUCE (Distilled White Vinegar, Water, Molasses, High Fructose Corn Syrup, Salt, Soy Sauce (Water, Salt, Hydrolyzed Soy Protein, Corn Syrup, Caramel Coloring), Natural Flavoring, Caramel Coloring, Anchovies, Polysorbate 80, Soy Flour, Garlic Extract), TOMATO PASTE (Tomatoes), SUGAR, CIDER FLAVORED VINEGAR (White Distilled Vinegar, Filtered Water, and Flavoring), GREEN BELL PEPPER, ENRICHED BLEACHED WHEAT FLOUR (Niacin, Iron [reduced], Thiamine Mononitrate, Riboflavin, Folic Acid, Malted Barley Flour), CHICKEN BASE (Roasted Mechanically Separated Chicken, Salt, Sugar, Hydrolyzed Wheat Gluten, Rendered Chicken Fat, Onion Powder, Disodium Inosinate & Disodium Guanylate, Extract of Turmeric, Spice Extractives), MODIFIED CORN STARCH, HOT SAUCE (Aged Cayenne Red Peppers, Distilled Vinegar, Water, Salt, and Garlic Powder), GARLIC (Natural Garlic, Water, Phosphoric Acid), SALT, BLACK PEPPER, XANTHAN GUM, LIQUID SMOKE (Water, Natural Hickory Smoke Concentrate), GARLIC POWDER, ONION POWDER.