



**Pop's**

*Opelika, AL*

**Ingredients**

pork, chicken, tomatoes, water, vinegar, sugar, salt, corn, corn starch, corn syrup, anchovy puree, cayenne peppers, onion powder, soy, molasses, citric acid, tamarind, black pepper

**30oz**

# Nutrition Facts

5 servings per container

**Serving size** 2/3 cup (170g)

**Amount Per Serving**

**Calories** **150**

**% Daily Value\***

<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 0.5g	<b>3%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 20mg	<b>7%</b>
<b>Sodium</b> 890mg	<b>39%</b>
<b>Total Carbohydrate</b> 25g	<b>9%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 14g	
Includes 7g Added Sugars	<b>14%</b>
<b>Protein</b> 10g	<b>20%</b>
Vitamin D 0mcg	<b>0%</b>
Calcium 0mg	<b>0%</b>
Iron 0.7mg	<b>4%</b>
Potassium 310mg	<b>6%</b>

\*The % Daily Value (DV) 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.



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B. Stew



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