



**Nutrition Facts**

Serving Size 1 container (327g)  
 Servings per Container: 1

Amount per Serving	
Calories 390 Calories from Fat 170	
	%Daily Value*
Total Fat 19g	29%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 1590mg	66%
Total Carbohydrate 33g	11%
Dietary Fiber 2g	8%
Sugars 6g	
Protein 20g	
Vitamin A 4%	Vitamin C 15%
Calcium 4%	Iron 8%

\*Percent Daily Values 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
Sat Fat	Less Than 20g	25g
Cholesterol	Less Than 300mg	300mg
Sodium	2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	25g

**Ingredients:**  
 Seasoned Mashed Potatoes (Potatoes, Water, Skim Milk, Butter [Cream, Salt], Salt, Disodium Pyrophosphate [Added to Maintain Color], Potassium Sorbate [Added to Maintain Freshness], Spice), Beef Pot Roast (Beef, Water, Seasoning [Salt, Sodium Phosphates, Flavoring (Torula Yeast), Spices], Hydrolyzed Soy Protein, Salt, Caramel Color [Sulfites], Sunflower Oil, Less than 2% Lecithin), Corn, Water, Beef Gravy (Modified Corn Starch, Pea Flour, Hydrolyzed Protein (Corn, Soy), Beef Fat, Maltodextrin, Salt, Yeast Extract, Sugar, Beef Extract, Natural Flavor, Caramel Color, Potassium Chloride, Onion Powder, Citric Acid, Disodium Guanylate, Disodium Inosinate, Paprika, Thiamine Hydrochloride, Garlic Powder, Spices), Red Bell Pepper, Liquid Margarine (Liquid and Hydrogenated Soybean Oil, Water, Salt, Contains Less Than 2% of Vegetable Mono and Diglycerides, Soy Lecithin, Natural & Artificial Flavors, Beta Carotene [Color], Vitamin A Palmitate Added).

Contains Milk, Soy.



DISTRIBUTED BY HY-VEE INC, WEST DES MOINES IOWA 50266  
 Contains a Bioengineered Food Ingredient  
 Item: 16590 Lot:22311



## Nutrition Facts

Serving Size 1/4 meat and (361g)  
1/4 potatoes

Servings per Container: 4

### Amount per Serving

Calories 390 Calories from Fat 190

	%Daily Value*
Total Fat 21g	32%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 1930mg	80%
Total Carbohydrate 31g	10%
Dietary Fiber 4g	16%
Sugars 5g	
Protein 19g	

Vitamin A 280% • Vitamin C 2%

Calcium 8% • Iron 10%

\*Percent Daily Values based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	2,000	2,500
Total Fat	Less Than 65g	80g
Sat Fat	Less Than 20g	25g
Cholesterol	Less Than 300mg	300mg
Sodium	2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	25g

### Ingredients:

Seasoned Mashed Potatoes (Potatoes, Water, Skim Milk, Butter [Cream, Salt], Salt, Disodium Pyrophosphate [Added to Maintain Color], Potassium Sorbate [Added to Maintain Freshness], Spice), Beef Pot Roast (Beef, Water, Seasoning [Salt, Sodium Phosphates, Flavoring (Torula Yeast), Spices], Hydrolyzed Soy Protein, Salt, Caramel Color [Sulfites], Sunflower Oil, Less than 2% Lecithin), Carrot, Water, Liquid Margarine (Liquid and Hydrogenated Soybean Oil, Water, Salt, Contains Less Than 2% of Vegetable Mono and Diglycerides, Soy Lecithin, Natural & Artificial Flavors, Beta Carotene [Color], Vitamin A Palmitate Added), Beef Gravy (Modified Corn Starch, Pea Flour, Hydrolyzed Protein (Corn, Soy), Beef Fat, Maltodextrin, Salt, Yeast Extract, Sugar, Beef Extract, Natural Flavor, Caramel Color, Potassium Chloride, Onion Powder, Citric Acid, Disodium Guanylate, Disodium Inosinate, Paprika, Thiamine Hydrochloride, Garlic Powder, Spices), Salt.

Contains Milk, Soy.



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Contains a Bioengineered Food Ingredient

Item: 16648 Lot:22304