



Caramelized Onion and Roast Beef Steak Fries

Nutrition Facts			
Serving Size 1 Cup (160 grams)			
Servings Per Container 8			
Amount Per Serving			
Calories 180		Calories from Fat 70	
% Daily Value*			
Total Fat 8g			12%
Saturated Fat 1.5g			7%
Trans Fat 0g			
Cholesterol 15mg			5%
Sodium 630mg			26%
Total Carbohydrate 28g			9%
Dietary Fiber 3g			11%
Sugars 3g			
Protein 9g			
Vitamin A 0%		• Vitamin C 25%	
Calcium 0%		• Iron 6%	
* Percent Daily Values are 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	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9	•	Carbohydrate 4	• Protein 4