

NUTRITIONAL INFORMATION - BEEF STROGANOFF W/RICE

Servings per package: 1	Servings size:		
	SMALL	MEDIUM	LARGE
	270G	350G	400G
	SMALL	MEDIUM	LARGE
Energy	257 cal	494 cal	636 cal
Protein	31g	45g	56g
Fat, total	8.8g	11.4g	14.4g
saturated	2.7g	2.7g	3.5g
Carbohydrate, total	36.5g	53.1g	70.8g
sugars	2.4g	3.1g	4g
Sodium	342mg	439mg	559mg

NUTRITIONAL INFORMATION - BEEF STROGANOFF W/BROWN RICE

Servings per package: 1	Servings size:		
	SMALL	MEDIUM	LARGE
	270G	350G	400G
	SMALL	MEDIUM	LARGE
Energy	427 cal	552 cal	645 cal
Protein	34g	47g	57g
Fat, total	11.9g	15.2g	18.4g
saturated	2.6g	2.7g	3.5g
Carbohydrate, total	46g	57g	76.2g
sugars	2.4g	3.14g	4g
Sodium	347mg	445mg	567mg

NUTRITIONAL INFORMATION - BEEF STROGANOFF W/SWEET POTATO

Servings per package: 1	Servings size:		
	SMALL	MEDIUM	LARGE
	270G	350G	400G
	SMALL	MEDIUM	LARGE
Energy	304 cal	422 cal	548 cal
Protein	30g	42g	54g
Fat, total	8.8g	11.3g	14.4g
saturated	2.6g	2.7g	3.5g
Carbohydrate, total	26.3g	38.4g	50.8g
sugars	2.44g	3.14g	4g
Sodium	342mg	439mg	559mg

NUTRITIONAL INFORMATION - BEEF STROGANOFF W/PASTA

Servings per package: 1	Servings size:		
	SMALL	MEDIUM	LARGE
	270G	350G	400G
	SMALL	MEDIUM	LARGE
Energy	380 cal	509 cal	661 cal
Protein	35g	44g	56g
Fat, total	10.2g	13.5g	17.2g
saturated	2.6g	2.7g	3.9g
Carbohydrate, total	37g	53g	70.8g
sugars	3.4g	5.2g	7.2g
Sodium	357mg	459mg	589mg

NUTRITIONAL INFORMATION - BEEF STROGANOFF W/VEGETABLES

Servings per package: 1	Servings size:		
	SMALL	MEDIUM	LARGE
	270G	350G	400G
	SMALL	MEDIUM	LARGE
Energy	203 cal	311 cal	394 cal
Protein	30g	42g	54g
Fat, total	8.6g	11.1g	14g
saturated	2.6g	2.7g	3.5g
Carbohydrate, total	9.7g	11.1g	13.2g
sugars	2.4g	3.1g	4g
Sodium	370mg	471mg	592mg