

Brunswick Stew Base (5 Lbs)

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Nutrition Facts

About 10 servings per container

Serving size 1 Cup(226g)

Amount per serving

Calories 140

% Daily Value*

Total Fat 1.5g 2%

Saturated Fat 0.5g 3%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 720mg 31%

Total Carbohydrate 27g 10%

Dietary Fiber 3g 11%

Total Sugars 9g

Includes 5g Added Sugars 10%

Protein 3g

Vitamin D 0mcg 0%

Calcium 76mg 6%

Iron 1mg 6%

Potassium 225mg 4%

*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.

INGREDIENTS: WATER, TOMATOES (Chopped Tomatoes, Tomato Puree, Salt, Citric Acid (Naturally Derived)), POTATOES, LIMA BEANS, CORN, 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, MODIFIED CORN STARCH, 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), MARGARINE (Palm Oil, Water, Soybean Oil, Salt, Contains Less Than 2% of Natural Flavor [includes Milk], Soy Lecithin, Beta Carotene [color], Vitamin A Palmitate [added]), 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.

Contains Fish, Milk, Soy, Wheat.