BARCODE

200210

Storage Instructions: Please keep refrigerated.

Heating Instructions: To heat in the microwave, take off the sleeve and lid and pierce the film in a few places. Microwave for 1 minute, leave to stand for 30 seconds and stir before serving. All microwaves vary, these are guidelines only. Alternatively, the meal may be decanted into a saucepan and gently heated on the stove. Always test the temperature before serving.

Discard Seal, Rinse Cup & Replace Lid

PAPER SLEEVE | PLASTIC CUP

BPA FREE PACKAGING

howrecycle.info

Safety Instructions:
Please ensure your little one is supervised while eating to reduce the risk of choking.

✓ALL NATURAL*

At Little Dish we make fresh, complete meals with 100% natural* ingredients, no preservatives and lots of veggies, to fill your little one with goodness.

We make our Lentils & Beef with specially sourced ground beef, lentils and veggies.

Ingredients: Water, lentils, tomatoes (tomatoes, tomato juice, salt), tomato paste, ground beef, potatoes, carrots, onions, canola oil, green beans, red peppers, parsley, mushrooms, parsnips, garlic, ginger puree, basil, lemon juice, onion powder, garlic powder, spices.

Manufactured for Little Dish US LLC, 71 McMurray Road, Suite 104, Upper St Clair, PA 15241

*Minimally processed and no artificial ingredients used.

Visit www.littledish.com to find out more.

Little Dish USA @LittleDishUSA @littledishusa

hello@littledish.com

- ✓ Unsweetened
- ✓ 1/4 cup of veggies
- ✓ 8g protein and 5g fiber
- ✓ No preservatives
- ✓ Beef raised without antibiotics

Nutrition Facts

1 servings per container
Serving size 1 package (198g)

Amount per serving	
Calories	**200**
	% Daily Value*
Total Fat 10g	26%
Saturated Fat 1.5g	15%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 100mg	7%
Total Carbohydrate 20g	13%
Dietary Fiber 2g	14%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 8g	49%
Vitamin D 0mcg	0%
Calcium 42mg	6%
Iron 2mg	30%
Potassium 392mg	15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 1,000 calories a day is used for general nutrition advice.

Best by

Best If Used By:01/10/20

Best By

Nutrition Facts

1 serving per container
Serving size 1 package (198g)

Amount per serving
Calories 200

	% Daily Value*
Total Fat 10g	26%
Saturated Fat 1.5g	19%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 160mg	7%
Total Carbohydrate 20g	13%
Dietary Fiber 8g	36%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 8g	49%
Vitamin D 0mcg	0%
Calcium 42mg	6%
Iron 2mg	30%
Potassium 352mg	15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 1 ADD calories is used for general nutrition advice.

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