

# Braised Beef Brisket with Vegetables

## Nutrition Facts

Serving Size: 16 oz (454g)

Servings Per Container: 1

### Amount Per Serving

**Calories** 450      Calories from Fat 200

### % Daily Value\*

**Total Fat** 23g      **35%**

Saturated Fat 6g      **30%**

*Trans* Fat 0g

**Cholesterol** 105mg      **35%**

**Sodium** 800mg      **33%**

**Total Carbohydrate** 16g      **5%**

Dietary Fiber 5g      **20%**

Sugars 5g

**Protein** 36g

Vitamin A 120%      •      Vitamin C 35%

Calcium 10%      •      Iron 35%

\* 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

INGREDIENTS: BEEF BRISKET, CABERNET SAUVIGNON, TOMATOES, RED ONION, CELERY, CARROTS, ROSEMARY, EXTRA VIRGIN OLIVE OIL, PARSLEY, BAY LEAF, GARLIC, KOSHER SALT, BLACK PEPPER

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