

Boeuf Bourguignon

Nutrition Facts

1 serving per container

Serving size 16 oz (454g)

Amount Per Serving

Calories 490

% Daily Value*

Total Fat 9g 12%

Saturated Fat 3g 15%

Trans Fat 0g

Cholesterol 70mg 23%

Sodium 320mg 14%

Total Carbohydrate 65g 24%

Dietary Fiber 12g 43%

Total Sugars 25g

Includes 0g Added Sugars 0%

Protein 36g

Vitamin D 0.2mcg 0%

Calcium 170mg 15%

Iron 7.7mg 45%

Potassium 2250mg 50%

* The % Daily Value (DV) 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: SHALLOTS, BEEF, POTATOES, BEEF STOCK, RED WINE, ONION, MUSHROOMS, CARROTS, CELERY, TOMATO PASTE, PARSLEY, EXTRA VIRGIN OLIVE OIL, GARLIC, BLACK PEPPER, THYME

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