

Short Rib Stew

Slow braised short rib stew, served with Bramata polenta and haricot verts



WIMS #: 30047

Allergens: Milk

| Short Rib Stew with Polenta And Haricot Verts | |
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| Nutrition Facts | |
| Serving size 9.9 oz (280 g) | |
| Servings per container None | |
| Amount per serving | |
| Calories 490 | |
| Calories from fat 310 | |
| % Daily Value * | |
| Total fat 35 g | 46% |
| Saturated fat 16 g | 80% |
| Trans fat 0 g | |
| Cholesterol 120 mg | 40% |
| Sodium 1020 mg | 44% |
| Total carbohydrates 18 g | 6% |
| Dietary fiber 2 g | 9% |
| Sugars 5 g | |
| Protein 27 g | |
| Vitamin A 15% | • Vitamin C 8% |
| Calcium 15% | • Iron 30% |
| * % Daily Values are based on a 2000 calorie diet. | |
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