

Red Wine Braised Beef

With pearl onions, carrots and mushrooms with polenta and haricot verts.
Served with a side salad and a specialty dessert.



WIMS #: 26571

Allergens: Milk

Braised Beef with Polenta And Vegetables	
Nutrition Facts	
Serving size 1 meal (340 g)	
Servings per container 1	
Amount per serving	
Calories 490	
Calories from fat 250	
% Daily Value *	
Total fat 28 g	36%
Saturated fat 13 g	65%
Trans fat 0 g	
Cholesterol 90 mg	31%
Sodium 2340 mg	102%
Total carbohydrates 34 g	11%
Dietary fiber 5 g	18%
Sugars 5 g	
Protein 26 g	
Vitamin A 300%	• Vitamin C 15%
Calcium 15%	• Iron 25%
* % Daily Values are based on a 2000 calorie diet.	
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