

Kosher Meal – Available by Reservation

Beef Provencal with Seasoned Carrots and Basmati Rice



WIMS CODE # 27015

Allergens: Eggs, wheat

| Beef Ragu with Potatoes And Carrots | |
|--|-----------------|
| Nutrition Facts | |
| Serving size 13.0 oz (368 g) | |
| Servings per container 1 | |
| Amount per serving | |
| Calories 290 | |
| Calories from fat 90 | |
| | % Daily Value * |
| Total fat 10 g | 15% |
| Saturated fat 2.5 g | 13% |
| Trans fat 0 g | |
| Cholesterol 50 mg | 17% |
| Sodium 990 mg | 41% |
| Total carbohydrates 25 g | 8% |
| Dietary fiber 4 g | 16% |
| Sugars 5 g | |
| Protein 23 g | |
| Vitamin A 160% | Vitamin C 50% |
| Calcium 10% | Iron 30% |
| * % Daily Values are based on a 2000 calorie diet. | |
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