

Beef Short Ribs

Slow braised beef short ribs with carrots, green beans, mashed potatoes and cabernet reduction



WIMS# 26575

Allergens: milk

Short Rib Dinner	
Nutrition Facts	
1 servings per container	
Serving size 1 meal (312 g)	
Amount per serving	
Calories	630
% Daily Value*	
Total Fat 41g	53%
Saturated Fat 20g	100%
<i>Trans Fat</i> 0g	
Cholesterol 95mg	32%
Sodium 680mg	30%
Total Carbohydrate 45g	16%
Dietary Fiber 9g	32%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 21g	
Vitamin D 0mcg	0%
Calcium 103mg	8%
Iron 2mg	15%
Potassium 1210mg	26%

* 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.

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