

# Beef Burgundy

Slow braised beef with carrots, pearl onions, celery, peas, chive mashed potatoes, and red wine sauce.



WIMS #: 26590

Allergens: milk

Braised Beef Dinner	
<b>Nutrition Facts</b>	
1 servings per container	
<b>Serving size</b>	<b>1 meal (340 g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	
<b>790</b>	
<b>% Daily Value*</b>	
<b>Total Fat</b> 48g	<b>62%</b>
Saturated Fat 22g	<b>110%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 165mg	<b>55%</b>
<b>Sodium</b> 1910mg	<b>83%</b>
<b>Total Carbohydrate</b> 49g	<b>18%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 7g	
Includes 1g Added Sugars	<b>2%</b>
<b>Protein</b> 36g	
Vitamin D 0mcg	<b>0%</b>
Calcium 72mg	<b>6%</b>
Iron 5mg	<b>30%</b>
Potassium 910mg	<b>19%</b>
<small>* 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.</small>	
<small>© 2023 MenuTrinfo, LLC</small>	