

Cycle 2

Beef Bourguignon

Tender beef with lardons of bacon, carrots, pearl onions, and mushrooms in a red wine reduction. Served with potato puree



WIMS# 30144

Allergens: milk, wheat

Beef Bourguignon	
Nutrition Facts	
1 servings per container	
Serving size	1 meal (408 g)
Amount per serving	
Calories	790
% Daily Value*	
Total Fat 44g	56%
Saturated Fat 21g	107%
Trans Fat 2g	
Cholesterol 210mg	70%
Sodium 2070mg	90%
Total Carbohydrate 22g	8%
Dietary Fiber 3g	11%
Total Sugars 0g	
Protein 49g	
Vitamin D 0.00mcg	0%
Calcium 55mg	5%
Iron 7.1mg	42%
Potassium 681mg	17%

* 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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