

## Cycle 2

# Coq au Vin

Cornish hen with lardons of bacon, carrots, pearl onions, and mushrooms in a red wine reduction. Served over potato puree.



WIMS# 35036

Allergens: Milk

Coq au Vin	
<b>Nutrition Facts</b>	
1 servings per container	
<b>Serving size</b>	<b>1 meal (351 g)</b>
Amount per serving	
<b>Calories</b>	<b>1050</b>
% Daily Value*	
<b>Total Fat</b> 70g	<b>90%</b>
Saturated Fat 27g	<b>136%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 230mg	<b>77%</b>
<b>Sodium</b> 4570mg	<b>198%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 6g	<b>22%</b>
Total Sugars 12g	
<b>Protein</b> 56g	
Vitamin D 0.02mcg	0%
Calcium 66mg	6%
Iron 7.4mg	43%
Potassium 1530mg	34%

\* 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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