



All Cycles

Kosher Meal – Available by Reservation

Beef Provencal with Seasoned Carrots and Basmati Rice



WIMS# 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.		
© 2016 MenuTrinfo, LLC		