

# 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>   |                       |
| % Daily Value*   |                       |
| <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   | 0%                    |
| Calcium 72mg   | 6%                    |
| Iron 5mg   | 30%                   |
| Potassium 910mg  | 19%                   |
| <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> |                       |
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