

## Cycle 2

# Black Pepper Beef

Marinated tenderloin tossed in a wok with cracked black pepper, shallot rings, crispy Chinese crullers and Thai finger chilis



Allergens: Eggs, Milk, Wheat

Black Pepper Beef

| <b>Nutrition Facts</b>        |                       |
|-------------------------------|-----------------------|
| 1 servings per container      |                       |
| <b>Serving size</b>           | <b>1 meal (358 g)</b> |
| <b>Amount per serving</b>     |                       |
| <b>Calories</b>               | <b>720</b>            |
| <b>% Daily Value*</b>         |                       |
| <b>Total Fat</b> 37g          | <b>47%</b>            |
| Saturated Fat 11g             | <b>55%</b>            |
| <i>Trans Fat</i> 0g           |                       |
| <b>Cholesterol</b> 90mg       | <b>30%</b>            |
| <b>Sodium</b> 1810mg          | <b>79%</b>            |
| <b>Total Carbohydrate</b> 68g | <b>25%</b>            |
| Dietary Fiber 5g              | <b>17%</b>            |
| Total Sugars 15g              |                       |
| <b>Protein</b> 32g            |                       |
| Vitamin D 0.00mcg             | 0%                    |
| Calcium 81mg                  | 7%                    |
| Iron 6.3mg                    | 37%                   |
| Potassium 1100mg              | 25%                   |

\* 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.