



All Cycles

Kosher Meal – Available by Reservation

Beef Provencal with Seasoned Carrots and Basmati Rice



Allergens: Egg, 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.	
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