

# Kosher Meal – Available by Reservation

## Beef Provencal with Seasoned Carrots and Basmati Rice



WIMS CODE # 27015

Allergens: Eggs, wheat

Beef Ragu with Potatoes And Carrots	
<b>Nutrition Facts</b>	
Serving size 13.0 oz (368 g)	
Servings per container 1	
Amount per serving	
<b>Calories 290</b>	
Calories from fat 90	
% Daily Value *	
<b>Total fat</b> 10 g	15%
Saturated fat 2.5 g	13%
Trans fat 0 g	
<b>Cholesterol</b> 50 mg	17%
<b>Sodium</b> 990 mg	41%
<b>Total carbohydrates</b> 25 g	8%
Dietary fiber 4 g	16%
Sugars 5 g	
<b>Protein</b> 23 g	
Vitamin A 160%	• Vitamin C 50%
Calcium 10%	• Iron 30%

\* % Daily Values are based on a 2000 calorie diet.

© 2016 MenuTrinco, LLC