



0 12352 08612 0

Pot Roast Dinner

Nutrition Facts

1 serving per container
Serving size
5.5oz meat, 5oz veggies, 2oz gravy (370g)

Amount Per Serving
Calories 370

% Daily Value*

Total Fat 14g 18%
Saturated Fat 4.5g 23%
Trans Fat 0g

Cholesterol 100mg 33%
Sodium 500mg 22%
Total Carbohydrate 19g 7%

Dietary Fiber 4g 14%
Total Sugars 5g

Includes 0g Added Sugars 0%
Protein 39g

Vitamin D 0mcg 0%
Calcium 70mg 6%
Iron 6.4mg 35%

Potassium 1120mg 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.

INGREDIENTS: BEEF, WATER, POTATOES, CARROTS, CELERY, ONIONS, RED WINE, CORNSTARCH, BEEF BASE, OLIVE OIL, BAY LEAF, PARSLEY, KOSHER SALT, WHITE PEPPER, BLACK PEPPER, ROSEMARY, GARLIC, THYME

CONTAINS: WHEAT, SOY

DISTRIBUTED BY CANTEEN
2400 YORKMONT RD
CHARLOTTE, NC, 28217



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