

NUTRITIONAL FACTS

THE PERFECT GOURMET

10/6 oz Gourmet Pot Roast

Gourmet Pot Roast

Cooking Instructions (from frozen): Stove top:
Place pouch in pot of water. Heat on low, simmer for 18-20 minutes or until an internal temperature of 165°F is reached. Carefully remove from pouch and stir. Let stand 2-3 minutes before serving.

Do not overcook.

Note: Ovens and cookware vary. Heating time is approximate.

Lot: XXXXXX

Freeze upon arrival

6 - 6.0 oz (170g) Pouches
NET WT: 2.25 lbs. (1020g)



INGREDIENTS: Beef, Water, Cremini Mushrooms, Diced Tomatoes (Tomatoes, Tomato Juice, Citric Acid, Calcium Chloride), Red Wine (contains Sulfites), BeefBase (Beef Stock, Natural Flavor, Salt, Beef Fat), Modified Food Starch (corn), Onions, Mushroom Broth Concentrate (Mushroom Juice, Natural Flavor, Salt), Sea Salt, Basil, Olive Oil, Garlic, Xanthan Gum, Black Pepper, Thyme, Ground Bay Leaf.

Contains: Sulfites

Distributed By:
RFG
Swedesboro, NJ 08085

Nutrition Facts

1 servings per container
Serving size 1 Pouch (170g)

Amount per serving
Calories 310

	% Daily Value*
Total Fat 15g	19%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 105mg	35%
Sodium 490mg	21%
Total Carbohydrate 4g	1%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 33g	
Vitamin D 0mcg	0%
Calcium 29mg	2%
Iron 2mg	10%
Potassium 470mg	10%

*The % Daily Value 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.