

# NUTRITIONAL FACTS

THE PERFECT GOURMET

## Beef Provençal 6/6 oz

### THE PERFECT Gourmet Beef Provençal

**Cooking Instructions (from frozen):**

Bring 3-4 quarts of water to a boil.  
Add pouch to water and immediately reduce heat to low.  
Simmer approximately 8-10 minutes. (Simmering is when small bubbles are rising from the bottom of the pot.)  
Stir occasionally to circulate water around the pouch.  
Do not overheat.

**To serve:**

Remove pouches from water using tongs and place them on a paper towel or plate. Be careful, pouches are very hot.  
Using scissors, carefully cut along the top of the pouch and pour the contents onto a serving plate.

**Alternative stovetop cooking instructions:**

Defrost pouch overnight in refrigerator, or in cold tap water.  
Carefully cut the top of the pouch and transfer contents to a small saucepan. Heat on medium heat, stirring occasionally for 4-8 minutes or until internal temperature is 165F. Stir, and let stand for 1 minute before serving.

**Note: Ovens and cookware vary. Heating time is approximate. Be sure to heat food to a minimum of 165 F**

6 x 6.0 oz (170g) Pouches

Net Weight: 2.25 lbs. (1020g)

Lot :XXXXX

**INGREDIENTS:** Beef, Water, Balsamic Vinegar, Honey, Diced Tomatoes (Tomatoes, Tomato Juice, Citric Acid, Calcium Chloride), Sundried Tomatoes (Sundried Tomatoes, Sulfur Dioxide, Citric Acid, Glucose), Onions, Beef Base (Beef Stock, Natural Flavor, Salt, Beef Fat), Modified Food Starch (corn), Tomato Paste, Sea Salt, Garlic, Basil, Xanthan Gum, Onion Powder, Thyme, Black Pepper.



Distributed By:  
RFG  
Swedesboro, NJ 08085

Keep Frozen

### Nutrition Facts

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

Amount per serving  
**Calories 310**

	% Daily Value*
<b>Total Fat</b> 15g	<b>19%</b>
Saturated Fat 5g	25%
Trans Fat 0g	
<b>Cholesterol</b> 105mg	<b>35%</b>
<b>Sodium</b> 380mg	<b>16%</b>
<b>Total Carbohydrate</b> 8g	<b>3%</b>
Dietary Fiber 0g	0%
Total Sugars 6g	
Includes 4g Added Sugars	8%

<b>Protein</b> 33g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 2mg	10%
Potassium 494mg	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.