

# NUTRITIONAL FACTS

AGOSTINO

## Beef Pot Roast w/Vegetables

<b>Nutrition Facts</b>	
About 5 servings per container	
<b>Serving size</b>	<b>5oz (142g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>140</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 5g	<b>6%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 45mg	<b>15%</b>
<b>Sodium</b> 550mg	<b>24%</b>
<b>Total Carbohydrate</b> 7g	<b>2%</b>
Dietary Fiber 1g	<b>5%</b>
Total Sugars 2g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 18g	
Vitamin D 0mcg	<b>0%</b>
Calcium 20mg	<b>0%</b>
Iron 2.1mg	<b>10%</b>
Potassium 500mg	<b>10%</b>

\* The % Daily Values (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

INGREDIENTS: Beef, Gravy(Water, Seasoning(Hydrolyzed Corn Protein, Modified Corn Starch, Salt, Natural Flavors, Yeast Extract Caramel Color, Onion Powder, Rice Flour, Xanthan Gum, Dehydrated Onion, Citry Acid, Black Pepper, Spice Extractives), Brine(Salt, Sugar Natural Flavors)), Diced Onions, Potatoes, Diced Carrots, Diced Celery

**Allergins: NONE**

### Cooking Instructions

Reheating Instructions : Thaw overnight in the refrigerator Preheat oven to 400\*. Remove roast from plastic. Place roast in a foil lined pan and heat for 25-30 minutes. Remove roast from pan saving savory sauce. Slice roast and toss with sauce