

NUTRITIONAL FACTS

THE PERFECT GOURMET

10/6 oz Gourmet Pot Roast or 10/6 oz Beef in Diane Sauce

THE PERFECT Gourmet GOURMET BEEF POT ROAST



Heating 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 Stove-top 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 4-6 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.

Ingredients:

BEEF, WATER, WHITE ONION, TOMATOES (ITALIAN PLUM TOMATOES, TOMATO PUREE, BASIL LEAF, SALT, CITRIC ACID [NATURALLY DERIVED]), MODIFIED CORN STARCH, WORCESTERSHIRE SAUCE (DISTILLED WHITE VINEGAR, MOLASSES, SUGAR, WATER, SALT, ONIONS, ANCHOVIES, GARLIC, CLOVES, TAMARIND EXTRACT, NATURAL FLAVORINGS, CHILI PEPPER EXTRACT), MUSHROOMS, RED WINE, BEEF BASE (OVEN ROASTED BEEF WITH NATURAL JUICES, SALT, HYDROLYZED SOY PROTEIN, MALTODEXTRIN (FROM CORN)), SUGAR, CORN OIL, NATURAL FLAVORING, WHEY POWDER (FROM MILK), RICE FLOUR, ONION POWDER, DISODIUM INOSINATE, AND DISODIUM GUANYLATE), EXTRA VIRGIN OLIVE OIL, SALT, MUSHROOM POWDER, GARLIC, BLACK PEPPER, SOY LECITHIN, DRIED THYME, BAY LEAVES, DRIED SAGE, DRY PARSLEY.

CONTAINS: MILK, SOY, FISH (ANCHOVY)
CONTAINS SULFITES

Distributed By:
RFG

5 X 6.0 oz (850g) Pouches
NET WT: 1.875 lbs. (850g)

LOT#

KEEP FROZEN

Swedesboro, NJ 08085

Nutrition Facts

5 servings per container	
Serving Size 1 Pouch 6.0 oz (170g)	
Amount per serving	
Calories	260
% Daily Value*	
Total Fat 12g	15%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 75mg	25%
Sodium 650mg	28%
Total Carbohydrate 10g	4%
Dietary Fiber 1g	4%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 25g	
Vitamin D 0mcg	0%
Calcium 62mg	4%
Iron 3mg	15%
Potassium 588mg	15%

*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.

THE PERFECT Gourmet GOURMET BEEF IN DIANE SAUCE



Heating 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 Stove-top 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 4-6 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.

Ingredients:

BEEF, WATER, HEAVY CREAM, BRANDY, DIJON MUSTARD (DISTILLED VINEGAR, WATER, #1 GRADE MUSTARD SEED, SALT, CHARDONNAY WINE, SPICES & TURMERIC), SHALLOTS, BUTTER (CREAM, NATURAL FLAVORINGS), MODIFIED CORN STARCH, OLIVE OIL BLEND (CANOLA & OLIVE OIL), BEEF BASE (OVEN ROASTED BEEF WITH NATURAL JUICES, SALT, HYDROLYZED SOY PROTEIN, MALTODEXTRIN (FROM CORN)), SUGAR, CORN OIL, NATURAL FLAVORING, WHEY POWDER (FROM MILK), RICE FLOUR, ONION POWDER, DISODIUM INOSINATE, AND DISODIUM GUANYLATE), AGAVE NECTAR, GARLIC, SALT, WORCESTERSHIRE SAUCE (DISTILLED WHITE VINEGAR, MOLASSES, SUGAR, WATER, SALT, ONIONS, ANCHOVIES, GARLIC, CLOVES, TAMARIND EXTRACT, NATURAL FLAVORINGS, CHILI PEPPER EXTRACT), SOY LECITHIN, HOT SAUCE (AGED RED PEPPERS, SALT, AND DISTILLED VINEGAR).

CONTAINS: MILK, SOY, FISH (ANCHOVY)

Distributed By:
RFG

5 X 6.0 oz (850g) Pouches
NET WT: 1.875 lbs. (850g)

LOT#

KEEP FROZEN

Swedesboro, NJ 08085

Nutrition Facts

5 servings per container	
Serving Size 1 Pouch 6.0 oz (170g)	
Amount per serving	
Calories	290
% Daily Value*	
Total Fat 17g	22%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 90mg	30%
Sodium 430mg	19%
Total Carbohydrate 4g	1%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 24g	
Vitamin D 0mcg	2%
Calcium 42mg	4%
Iron 2mg	10%
Potassium 389mg	8%

*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.