

NUTRITIONAL FACTS

THE PERFECT GOURMET

10/6 Oz Sous Vide Entrees: Coq Au Vin, Pot Roast or Combo



COQ AU VIN

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 4-6 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: CHICKEN THIGHS, RED WINE (CONTAINS SULFITES), WATER, PEARL ONIONS, WHITE MUSHROOMS, CARROTS, ONIONS, CHICKEN BASE (CHICKEN BROTH, SALT, SUGAR, YEAST EXTRACT, CHICKEN FAT, CORN STARCH, CITRIC ACID, NATURAL FLAVORS), BUTTER (CREAM, NATURAL FLAVORING), WHEAT FLOUR (UNENRICHED), BACON (PORK CURED WITH: WATER, SALT, SODIUM PHOSPHATE, HONEY, SODIUM ERYTHORBATE, FLAVORING, SODIUM NITRITE), TOMATO PASTE, CORN STARCH, GARLIC, SEA SALT, BLACK PEPPER, DRIED THYME, CARAMEL COLOR (MAY CONTAIN SULFITES).

CONTAINS: MILK, WHEAT, SULFITES

5 x 6.0 oz (170g) Pouches

NET WT: 1.875 lbs. (851g)

Lot: XXXXX



KEEP FROZEN

Nutrition Facts	
5 servings per container	
Serving size 1 Pouch (170g)	
Amount per serving	
Calories	260
% Daily Value*	
Total Fat 12g	15%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 155mg	52%
Sodium 380mg	17%
Total Carbohydrate 5g	2%
Dietary Fiber <1g	2%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 30g	
Vitamin D 0mcg	2%
Calcium 19mg	2%
Iron 2mg	8%
Potassium 394mg	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.

Distributed By:

RFG

Swedesboro, NJ 08085

RS10009



GOURMET POT ROAST

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 15 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 4-6 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, CRIMINI MUSHROOMS, DICED TOMATOES (TOMATOES, TOMATO JUICE, CITRIC ACID, CALCIUM CHLORIDE), RED WINE (CONTAINS SULFITES), BEEF BASE (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



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Swedesboro, NJ 08085

5 x 6.0 oz (170g) Pouches

NET WT: 1.875 lbs. (851g)

Lot: XXXXX

Keep Frozen

Nutrition Facts	
5 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 33mg	2%
Iron 2mg	15%
Potassium 471mg	10%

*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.