

# Nutrition Facts

Serving Size  
1.0 ea

Calories  
per serving **680**

Amount/serving	% DV	Amount/serving	% DV
<b>Total Fat</b> 24g	<b>31%</b>	<b>Total Carb.</b> 44g	<b>16%</b>
Saturated Fat 17g	<b>85%</b>	Fiber 5g	<b>19%</b>
<i>Trans Fat</i> 0g		Total Sugars 5g	
<b>Cholesterol</b> 115mg	<b>39%</b>	Incl.0g Added Sugars	<b>0%</b>
<b>Sodium</b> 350mg	<b>15%</b>	<b>Protein</b> 64g	
Vitamin D 0% · Calcium 6% · Iron 30% · Potassium 20%			

## Beef Curry, Basmati Rice, Spiced Roasted Cauliflower

Ingredients: beef chuck, basmati rice, cauliflower, roasted tomatoes, coconut milk, water, yellow onion, carrot, olive oil, olive oil, cilantro, worcestershire sauce, ginger puree, garlic, kosher salt, black pepper, garam masala, cinnamon, coriander, lime zest, turmeric, brown mustard seeds, black pepper, coriander, garlic powder, onion powder, whole cloves, bay leaf

Contains Tree nuts (Coconut)

# Nutrition Facts

Serving Size

5.0 oz (142g)

**Calories**  
per serving **450**

Amount/serving	% DV	Amount/serving	% DV
<b>Total Fat</b> 19g	<b>25%</b>	<b>Total Carb.</b> 5g	<b>2%</b>
Saturated Fat 16g	<b>82%</b>	Fiber 1g	<b>5%</b>
<i>Trans Fat</i> 0g		Total Sugars 2g	
<b>Cholesterol</b> 115mg	<b>39%</b>	Incl.0g Added Sugars	<b>0%</b>
<b>Sodium</b> 200mg	<b>9%</b>	<b>Protein</b> 58g	

Vitamin D 0% · Calcium 2% · Iron 20% · Potassium 10%

## Beef Curry

Ingredients: beef chuck, roasted tomatoes, coconut milk, water, yellow onion, carrot, olive oil, cilantro, worcestershire sauce, ginger puree, garlic, black pepper, garam masala, cinnamon, coriander, lime zest, turmeric, whole cloves, bay leaf

Contains Tree nuts (Coconut)

# Nutrition Facts

Serving Size  
4.0 oz (113g)

Calories  
per serving **70**

Amount/serving	% DV	Amount/serving	% DV
<b>Total Fat</b> 4.5g	<b>6%</b>	<b>Total Carb.</b> 7g	<b>3%</b>
Saturated Fat .5g	<b>3%</b>	Fiber 4g	<b>13%</b>
<i>Trans Fat</i> 0g		Total Sugars 3g	
<b>Cholesterol</b> 0mg	<b>0%</b>	Incl.0g Added Sugars	<b>0%</b>
<b>Sodium</b> 150mg	<b>7%</b>	<b>Protein</b> 3g	

Vitamin D 0% · Calcium 4% · Iron 6% · Potassium 8%

## Spiced Roasted Cauliflower

Ingredients: cauliflower, olive oil, kosher salt, brown mustard seeds, black pepper, coriander, garlic powder, onion powder