

# Nutrition Facts

Serving Size

1.0 ea

**Calories**  
per serving **490**

Amount/serving	% DV	Amount/serving	% DV
<b>Total Fat</b> 12g	<b>15%</b>	<b>Total Carb.</b> 37g	<b>13%</b>
Saturated Fat 10g	<b>49%</b>	Fiber 9g	<b>31%</b>
<i>Trans Fat</i> 0g		Total Sugars 5g	
<b>Cholesterol</b> 100mg	<b>33%</b>	Incl.0g Added Sugars	<b>0%</b>
<b>Sodium</b> 940mg	<b>41%</b>	<b>Protein</b> 54g	
Vitamin D 0% · Calcium 15% · Iron 25% · Potassium 25%			

## Creole Braised Beef, Herb Roasted Potatoes, Collard Greens

Ingredients: beef chuck, collard greens, red potato, yellow onion, water, roasted tomatoes, white wine, celery, tomato ground sauce, green bell pepper, puree tomato, olive oil, sherry vinegar, unsalted butter, garlic, cajun seasoning, kosher salt, beef base, garlic powder, black pepper, paprika, onion powder, low sodium vegetable base, dried dill, thyme, dried oregano, thyme, rosemary, red chili flakes

Contains Milk

# Nutrition Facts

Serving Size

6.0 oz (170g)

Calories  
per serving **360**

Amount/serving	% DV	Amount/serving	% DV
<b>Total Fat</b> 9g	<b>11%</b>	<b>Total Carb.</b> 7g	<b>2%</b>
Saturated Fat 10g	<b>51%</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> 880mg	<b>38%</b>	<b>Protein</b> 58g	
Vitamin D 0% · Calcium 2% · Iron 20% · Potassium 15%			

## Creole Braised Beef

Ingredients: beef chuck, yellow onion, roasted tomatoes, water, celery, tomato ground sauce, green bell pepper, puree tomato, cajun seasoning, beef base, garlic, kosher salt, paprika, black pepper, garlic powder, dried oregano, thyme

# Nutrition Facts

Serving Size

1.0 tbl

Calories  
per serving **20**

Amount/serving	% DV	Amount/serving	% DV
<b>Total Fat</b> 0g	<b>0%</b>	<b>Total Carb.</b> 4g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>	Fiber 2g	<b>5%</b>
<i>Trans Fat</i> 0g		Total Sugars 1g	
<b>Cholesterol</b> 0mg	<b>0%</b>	Incl.0g Added Sugars	<b>0%</b>
<b>Sodium</b> 280mg	<b>12%</b>	<b>Protein</b> 1g	

Vitamin D 0% · Calcium 2% · Iron 6% · Potassium 2%

## Cajun Spice Rub

Ingredients: smoked paprika, brown sugar, kosher salt, black peppercorn, white whole peppercorn, garlic powder, onion powder, cayenne pepper, dried oregano, sage, thyme

# Nutrition Facts

## Serving Size

4.0 oz (113g)

**Calories**  
per serving **110**

Amount/serving	% DV	Amount/serving	% DV
<b>Total Fat</b> 3g	<b>4%</b>	<b>Total Carb.</b> 21g	<b>7%</b>
Saturated Fat 0g	<b>0%</b>	Fiber 3g	<b>10%</b>
<i>Trans Fat</i> 0g		Total Sugars 1g	
<b>Cholesterol</b> 0mg	<b>0%</b>	Incl.0g Added Sugars	<b>0%</b>
<b>Sodium</b> 180mg	<b>8%</b>	<b>Protein</b> 2g	

Vitamin D 0% · Calcium 2% · Iron 6% · Potassium 10%

## Herb Roasted Red Potato

**Ingredients:** red potato, olive oil, kosher salt, garlic powder, onion powder, black pepper, dried dill, thyme, rosemary

# Nutrition Facts

Serving Size

4.0 oz (113g)

**Calories**  
per serving **70**

Amount/serving	% DV	Amount/serving	% DV
<b>Total Fat</b> 2g	<b>2%</b>	<b>Total Carb.</b> 11g	<b>4%</b>
Saturated Fat 1g	<b>5%</b>	Fiber 5g	<b>17%</b>
<i>Trans Fat</i> 0g		Total Sugars 2g	
<b>Cholesterol</b> 5mg	<b>1%</b>	Incl.0g Added Sugars	<b>0%</b>
<b>Sodium</b> 30mg	<b>1%</b>	<b>Protein</b> 3g	
Vitamin D 0% · Calcium 15% · Iron 2% · Potassium 6%			

## Braised Collard Greens

**Ingredients:** collard greens, yellow onion, white wine, water, sherry vinegar, unsalted butter, garlic, low sodium vegetable base, red chili flakes

Contains Milk