

Nutrition Facts

Serving Size
5.0 oz (142g)

Calories
per serving 580

Amount/serving	% DV
Total Fat 22g	28%
Saturated Fat 14g	72%
<i>Trans Fat</i> 0g	
Cholesterol 145mg	49%
Sodium 890mg	39%

Amount/serving	% DV
Total Carb. 11g	4%
Fiber 2g	8%
Total Sugars 5g	
Incl.0g Added Sugars	0%
Protein 73g	

Vitamin D 0% · Calcium 4% · Iron 30% · Potassium 20%

Beef Grillades

Ingredients: beef, water, roasted tomatoes, celery, diced onion, green bell pepper, red wine, olive oil, worcestershire sauce, low sodium chicken base, cajun seasoning, garlic, kosher salt, black pepper, oregano, thyme, dried basil, bay leaf