

Beef Bourguignon

Number of Servings: 1 (198.63 g per serving)

Ingredient	Comments
Beef, tenderloin, extra lean, raw	
Ever-Rich Liquid Butter	Contains: Soybean
Secret Seasoning	
Water, tap, municipal	
SNC Beef Base	Contians: Wheat, Soy
Sauce, worcestershire	Conatins: Malt Vinegar, Fish (Anchovy)
Spice, pepper, black	
Wine, all table types	
Mushrooms, cnd, drained, pcs/slices	
Onion, yellow, fresh, chpd	
Roux	Contains: Wheat, Milk
Kitchen Bouquet	

Nutrition Facts	
Serving Size 1/2 Cup (199g)	
Servings Per Container	
Amount Per Serving	
Calories 170	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 3.5g	18%
Cholesterol 55mg	18%
Sodium 880mg	37%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 19g	
Vitamin A 2%	• Vitamin C 2%
Calcium 0%	• Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Provided by: St. Norbert College Dining Services using ESHA Food Processor 10.1 software

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