Beef Stew

Dairy Free, Gluten Free

Angus Beef, Water, Potatoes, Onions, Carrots, Celery, Beef Stock, Pearl Onions, Peas, Turnips, Burgundy Wine, Corn Starch, Sea Salt, Corn Oil, Parsley, Spices.

Cal: 240	**Total Fat: 8g**	**Sat Fat: 3g**	**Trans Fat: 0g**	**Chol: 65mg**
Sodium: 620mg	**Total Carb: 18g**	**Fiber: 2g**	**Sugars: 4g**	**Protein: 23g**

Nutritional information based on 1 cup (8oz) serving

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