

Slow Braised Beef Cheek

NUTRITION INFORMATION

Servings per package: 1

Serving size: 645g

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	3260kJ (778Cal)	505kJ (121Cal)
PROTEIN	120g	18.6g
FAT, TOTAL	20.5g	3.2g
- SATURATED	9.0g	1.4g
CARBOHYDRATE	20.8g	3.2g
- SUGARS	6.1g	1.0g
SODIUM	1000mg	155mg

Ingredients: Beef Cheek, Potato, Veal Jus (Water, Beef Bones, Red Wine Reduction, Onion, Carrot, Celery, Tomato Paste, Mushroom, Garlic, Thyme, Bay Leaves, Peppercorns), Green Beans, Red Wine, Onion, Carrot, Unsalted Butter, Celery, Black Pepper, Olive Oil, Bay Leaf, Lemon Zest, Sea Salt, Thyme, Salt, Tabasco Sauce.

Contains Milk.