



Beef Provencal

Dressed in a rich Provencal sauce of honey, balsamic vinegar and sundried tomatoes, this classic French dish is the perfect center-of-the-plate item.

Item Number: 1005114

Target Weight: 2.00 lb

Pack Size: 2 lb/Pouch, 8 Pouches/Case, 16 lb/Case

Net Case Weight: 16.00 lb

Ingredients: Beef Cubes, Water, Honey, Sun Dried Tomatoes (sun dried tomatoes, salt), Balsamic Vinegar (wine vinegar, concentrated and cooked grape must, caramel color, contains sulfites), Beef Broth Concentrate (beef broth, salt), Modified Corn Starch, Red Onion, Tomato Paste (tomato), Onion Powder, Salt, Garlic, Thyme, Black Pepper, White Pepper, Xanthan Gum.

HEATING INSTRUCTIONS

From Frozen (One Pouch)

Convection Oven: 38–43 minutes at 350°F

Microwave Oven: 8–10 minutes (1100 watts)

Combi Oven: 60–70 minutes at 140°F / 20–25 minutes at 200°F

From Thawed (One Pouch)

Convection Oven: 20–24 minutes at 350°F.

Microwave Oven: 4–6 minutes (1100 watts)

Combi Oven: 50–60 minutes at 140°F / 15–20 minutes at 200°F

NOTE: HEATING TIMES MAY VARY DUE TO MAKE, MODEL AND TEMPERATURE CALIBRATION OF EQUIPMENT. TO DEFROST THE PRODUCT, PLACE UNDER REFRIGERATION OVERNIGHT.

Nutrition Facts

Serving Size 1/2 Cup (129g)
Servings Per Container 7

Amount Per Serving

Calories 190 **Calories from Fat** 70

% Daily Value*

Total Fat 7g **11%**

Saturated Fat 3g **15%**

Trans Fat 0g

Cholesterol 60mg **20%**

Sodium 410mg **17%**

Total Carbohydrate 13g **4%**

Dietary Fiber 1g **3%**

Sugars 10g

Protein 19g

Vitamin A 0% • Vitamin C 4%

Calcium 2% • 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
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



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