



93622 - CN Carne Guisada (Beef Stew)

DESCRIPTION:

Chunks of beef, tomatoes, onions, and peppers in a perfectly seasoned gravy type sauce. Perfect for burritos, casseroles or tortillas.

CHILD NUTRITION:

A 4.58 oz. serving of Carne Guisada provides a 2.0 meat/meat alternate and 1/8 cup vegetable serving for Child Nutrition Meal Pattern Requirements.

Each 32 lb. case contains 111 servings per case.

HEATING INSTRUCTIONS:

PLACE SEALED BAGS IN 180°F WATER OR STEAMER -

- o 55 - 70 minutes from Refrigerated
- o 65 - 85 minutes from Frozen

HEAT PRODUCT TO 160°F MINIMUM BEFORE SERVING.

SPECIFICATIONS:

SHELF LIFE - 1-Year Frozen
 PACK - 4 / 8 lbs
 NET WEIGHT - 32 lbs
 GROSS WEIGHT - 33.7 lbs
 CASE CUBE - 0.8336 ft3
 TIE/HIGH/QTY - 6 / 6 / 36
 L x W x H - 16.3125 x 15.8750 x 5.5625
 CODE NUMBER - 93622
 UPC - 7 28464 93622 1

ALLERGEN INFORMATION: Contains Soybeans, Wheat.

DATE: 22 Oct 2008

Nutrition Facts

Serving Size 4.58 oz. (130g)
Servings Per Container 27

Amount Per Serving	
Calories 180	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 360mg	15%
Total Carbohydrate 5g	2%
Dietary Fiber less than 1g	2%
Sugars 1g	
Protein 21g	

Vitamin A 2% • Vitamin C 10%
 Calcium 2% • Iron 10%

*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	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

INGREDIENTS: BEEF STEW MEAT (PFOF), TOMATOES [Tomatoes, Tomato Juice, Calcium Chloride and Citric Acid], ONIONS, GREEN PEPPERS, TOMATO PASTE, ENRICHED WHEAT FLOUR [Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], RED PEPPERS, LITE SALT [Salt, Potassium Chloride, Magnesium Carbonate], BEEF BASE [Cooked Beef with Beef Broth, Salt, Hydrolyzed Corn Soy Wheat Gluten Protein, Hydrolyzed Corn Soy Protein, Sugar, Beef Flavoring (Hydrolyzed Corn Soy Wheat Gluten Protein, Autolyzed Yeast Extract, Dextrose, Partially Hydrogenated Cottonseed and Soybean Oils), Maltodextrin, Onion Powder, Hydrolyzed Corn Protein with Disodium Inosinate and Disodium Guanylate, Autolyzed Yeast Extract, Caramel Color, Natural Flavorings], JALAPENO PEPPERS, SPICES, DEHYDRATED ONION, DEHYDRATED GARLIC, CHILI POWDER [Chili Pepper, Spices, Salt, Silicon Dioxide].