



NATURALS

KEEP FROZEN

100% BPA FREE PACKAGING



Nutrition Facts

Serving Size 1 Meal (312g)
Servings Per Container

Amount Per Serving

Calories 380 **Calories from Fat 230**

% Daily Value*

Total Fat 25g **38%**

Saturated Fat 11g **55%**

Trans Fat 0g

Cholesterol 50mg **17%**

Sodium 810mg **34%**

Total Carbohydrate 15g **5%**

Dietary Fiber 4g **16%**

Sugars 8g

Protein 11g

Vitamin A 110% • Vitamin C 35%

Calcium 6% • 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:

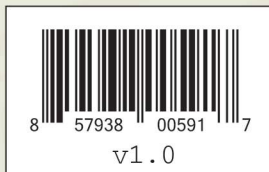
| | Calories: | 2,000 | 2,500 |
|--------------------|-----------|---------|---------|
| Total Fat | Less than | 65g | 80g |
| Saturated Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2,400mg | 2,400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Roasted Root Vegetables (Sweet Potatoes, Yellow Carrots, Parsnips, Red Peppers, Red Onions, Kale, Light Olive Oil, Sea Salt), Water, Beef Short Ribs (Beef, Water, Less than 2% of Wheat, Soybeans, Salt, Sugar, Toasted Sesame Oil, Corn Starch, Dried Onion and Garlic, Rice Vinegar, Sesame Seeds, Xanthan Gum, Spice Extractive, Brown Sugar, Yeast, Yeast Extract, Natural Flavorings), Red Potatoes, Milk (Milk, Vitamin D3), Burgundy Wine, Butter (Pasteurized Cream), Shallots, Beef Base Flavor (Natural Flavor, Yeast Extract, Salt, Beef Fat, Sugar, Onion Powder, Spice Extracts), Beef Demi-Glaze (Beef Stock, Water, Onions, Carrots, Celery, Mushrooms, Tomato Paste, Parsley Stems, Kosher Salt, Thyme, Bay Leaves, White Peppercorns), Blend of Canola and Extra Virgin Olive Oil, Wheat Flour, Corn Starch, Garlic Puree (Garlic, Water), Tomato Paste, Spices, Salt, Light Brown Sugar, Dried Mushroom Extract (Mushrooms, Maltodextrin), Garlic (Roasted Garlic, Water).

Contains: Milk, Soy, Wheat



CHEF CRAFTED. RESTAURANT QUALITY. ALL NATURAL.*

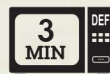
Delivering delicious, restaurant-quality meals begins by hand-crafting each plate with quality all natural ingredients from recipes developed by chefs who embody a passion for making great food. Nothing artificial here.*

*NO ARTIFICIAL INGREDIENTS. MINIMALLY PROCESSED



MICROWAVE HEATING INSTRUCTIONS

FROM FROZEN:



Defrost then Heat High



or until internal temperature reaches 165°F.

FROM THAWED:



Heat High or until internal temperature reaches 165°F.

DO NOT PIERCE OR REMOVE OUTER PLASTIC WRAP.

Before

After



IT IS NORMAL FOR FILM TO BALLOON.

CONTENTS WILL BE HOT. **After heating let plate stand for 1 minute.** Carefully peel using the pull tab or cut film from plate.

NOTE: Instructions are based on a 1000 watt microwave oven. Heating times may vary. Denser products may require additional heating time.

DISTRIBUTED BY:

TASTEFULLY PLATED® • 1800 MOTOR PARKWAY, ISLANDIA, NY 11749 • WWW.TASTEFULLYPLATED.COM • TOLL-FREE 1.888.285.6633