



# HIGHLAND MARKET

## 086983 - Beef Stew Deluxe Canned

Vanee Deluxe Beef Stew has tender beef dices, coin-sliced carrots, garden peas, celery and fresh diced potatoes in a rich beef gravy. Perfect in a bread bowl, or as an ingredient for pot pie or soup. Vanee Deluxe Beef Stew frees up valuable freezer space by being shelf-stable, is lower in sodium than national brands, has beef as its first ingredient, and is heat-and-serve for ultimate back-of-house simplicity. Each 106 oz. can has 13 one-cup servings, for 78 total servings in a case.



### Nutrition Facts

|                               |                     |
|-------------------------------|---------------------|
| <b>Servings per Container</b> | <b>13</b>           |
| <b>Serving size</b>           | <b>1 cup (229g)</b> |
| <b>Amount per serving</b>     |                     |
| <b>Calories</b>               | <b>250</b>          |
| <b>% Daily Value*</b>         |                     |
| <b>Total Fat</b> 11g          | <b>14%</b>          |
| Saturated Fat 4.5g            | <b>23%</b>          |
| Trans Fat 0g                  |                     |
| <b>Cholesterol</b> 40mg       | <b>13%</b>          |
| <b>Sodium</b> 850mg           | <b>37%</b>          |
| <b>Total Carbohydrate</b> 26g | <b>9%</b>           |
| Dietary Fiber 3g              | <b>11%</b>          |
| Total Sugars 3g               |                     |
| Includes 1g Added Sugar       | <b>2%</b>           |
| <b>Protein</b> 12g            |                     |
| Vitamin D 0mcg                | <b>0%</b>           |
| Calcium 28mg                  | <b>2%</b>           |
| Iron 2mg                      | <b>11%</b>          |
| Potassium 237mg               | <b>5%</b>           |

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### \* Benefits

| Ingredients  |
|--|
| Beef, Beef Stock, Potatoes, Carrots, Water, Green Peas, Food Starch - Modified, Celery, Contains less than 2% of Calcium Lactate, Caramel Color, Disodium Guanylate, Disodium Inosinate, Flavoring (Contains Canola Oil), Grill Flavor (Contains Sunflower Oil), Lactic Acid, Maltodextrin, Onion Powder, Paprika, Salt, Sugar, Yeast Extract. |

| Allergens   |
|---|
| <b>Free From:</b>   |
| crustaceans            mollusks            eggs<br>fish            milk            peanuts            soy<br>tree nuts            wheat |

| Handling Suggestions   |
|--|
| Dry storage: 50 to 80 degree temperature. Keep from freezing.  |
| Serving Suggestions  |
| Serve 8 oz in a bread bowl, over biscuits, or use in pot pie filling or soup.  |
| Prep & Cooking Suggestions   |
| <p>Convection: Place covered prepared product into 300F oven for 3040 minutes until center reaches 165F.</p> <p>Conventional: Place covered prepared product into 350F oven for 60 minutes until center reaches 165F.</p> <p>Microwave: Place prepared product into microwave safe covered container. Heat on high approximately 23 minutes per portion or until center reaches 165F.</p> <p>Stove Top: Place uncovered prepared product over medium heat for 1015 minutes or until center reaches 165F, stirring occasionally to prevent scorching.</p> |

| Product Specifications   |                      |                   |                   |                 |                    |                      |        |                |       |        |        |       |            |                      |        |        |     |         |     |       |              |
|--|----------------------|-------------------|-------------------|-----------------|--------------------|----------------------|--------|----------------|-------|--------|--------|-------|------------|----------------------|--------|--------|-----|---------|-----|-------|--------------|
| <table border="1"> <tr> <th>Brand</th> <th>Manufacturer</th> <th>Product Category</th> </tr> <tr> <td>HIGHLAND MARKET</td> <td>VANEE FOODS/UNIPRO</td> <td>Beef</td> </tr> </table>  | Brand                | Manufacturer      | Product Category  | HIGHLAND MARKET | VANEE FOODS/UNIPRO | Beef                 |        |                |       |        |        |       |            |                      |        |        |     |         |     |       |              |
| Brand  | Manufacturer         | Product Category  |                   |                 |                    |                      |        |                |       |        |        |       |            |                      |        |        |     |         |     |       |              |
| HIGHLAND MARKET  | VANEE FOODS/UNIPRO   | Beef              |                   |                 |                    |                      |        |                |       |        |        |       |            |                      |        |        |     |         |     |       |              |
| <table border="1"> <tr> <th>MFG #</th> <th>SPC #</th> <th>GTIN</th> <th>Pack</th> <th>Pack Desc.</th> </tr> <tr> <td>490KE-HLM</td> <td>086983</td> <td>10018687000067</td> <td>6</td> <td>6/#10</td> </tr> </table>   | MFG #                | SPC #             | GTIN              | Pack            | Pack Desc.         | 490KE-HLM            | 086983 | 10018687000067 | 6     | 6/#10  |        |       |            |                      |        |        |     |         |     |       |              |
| MFG #  | SPC #                | GTIN              | Pack              | Pack Desc.      |                    |                      |        |                |       |        |        |       |            |                      |        |        |     |         |     |       |              |
| 490KE-HLM  | 086983               | 10018687000067    | 6                 | 6/#10           |                    |                      |        |                |       |        |        |       |            |                      |        |        |     |         |     |       |              |
| <table border="1"> <tr> <th>Gross Weight</th> <th>Net Weight</th> <th>Country of Origin</th> <th>Kosher</th> <th>Child Nutrition</th> </tr> <tr> <td>45lb</td> <td>40lb</td> <td>USA</td> <td></td> <td>No</td> </tr> </table>   | Gross Weight         | Net Weight        | Country of Origin | Kosher          | Child Nutrition    | 45lb                 | 40lb   | USA            |       | No     |        |       |            |                      |        |        |     |         |     |       |              |
| Gross Weight   | Net Weight           | Country of Origin | Kosher            | Child Nutrition |                    |                      |        |                |       |        |        |       |            |                      |        |        |     |         |     |       |              |
| 45lb   | 40lb                 | USA               |                   | No              |                    |                      |        |                |       |        |        |       |            |                      |        |        |     |         |     |       |              |
| <table border="1"> <tr> <th colspan="7">Shipping Information</th> </tr> <tr> <th>Length</th> <th>Width</th> <th>Height</th> <th>Volume</th> <th>TlxHl</th> <th>Shelf Life</th> <th>Storage Temp From/To</th> </tr> <tr> <td>18.7in</td> <td>12.7in</td> <td>7in</td> <td>0.96ft3</td> <td>8x3</td> <td>0DAYS</td> <td>40°F / 111°F</td> </tr> </table> | Shipping Information |                   |                   |                 |                    |                      |        | Length         | Width | Height | Volume | TlxHl | Shelf Life | Storage Temp From/To | 18.7in | 12.7in | 7in | 0.96ft3 | 8x3 | 0DAYS | 40°F / 111°F |
| Shipping Information   |                      |                   |                   |                 |                    |                      |        |                |       |        |        |       |            |                      |        |        |     |         |     |       |              |
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### Nutrition Analysis - By Serving

|                        |     |                     |      |              |       |
|------------------------|-----|---------------------|------|--------------|-------|
| Calories               | 250 | Total Fat           | 11g  | Sodium       | 850mg |
| Protein                | 12  | Trans Fats          | 0g   | Calcium      | 28mg  |
| Total Carbohydrates... | 26g | Saturated Fat       | 4.5g | Iron         | 2mg   |
| Sugars                 | 3g  | Added Sugars        | 1g   | Potassium    | 237mg |
| Dietary Fiber          | 3g  | Polyunsaturated Fat |      | Zinc         |       |
| Lactose                |     | Monounsaturated Fat |      | Phosphorus   |       |
| Sucrose                |     | Cholesterol         | 40mg |              |       |
| Vitamin A(IU)          |     | Vitamin D           | 0mcg | Thiamin      |       |
| Vitamin A(RE)          |     | Vitamin E           |      | Niacin       |       |
| Vitamin C              |     | Folate              |      | Riboflavin   |       |
| Magnesium              |     | Vitamin B-6         |      | Vitamin B-12 |       |
| Monosodium             |     | Sulphites           |      | Nitrates     |       |

### Additional Images

