



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

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

* 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
Free From:
crustaceans mollusks eggs fish milk peanuts soy 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																					
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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

