



**Boston Chowda Co.**

# Beef Stew

*Tender Juicy chunks of beef, carrots, celery, potatoes, onions and peas in a rich sauce make for one of the heartiest beef stews around.*



Item #	UPC	Case	Pallet
2018	730516920188	2 x 8 lbs Net Weight: 16 lbs Gross Weight: 16.9 lbs Case Dimensions: 13.75" x 8.25" x 4.75" Case Cube: .31	14 per tier/ 8 tiers high 112 cases per pallet Pallet weight (gross): 1892.8 lbs

**INGREDIENTS:** BEEF STOCK (water, roasted beef, salt, sugar, dextrose, corn oil, dried whey, maltodextrin, caramel color, natural flavoring), BEEF POT ROAST (beef, salt, granulated garlic, spices, paprika, sugar, celery salt), POTATO, ONION, CARROT, CELERY, PEAS, CANOLA OIL, WINE (wine, salt), MODIFIED FOOD STARCH, FLOUR (unbleached wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), CAMEL COLOR, SPICES, WORCESTERSHIRE SAUCE (distilled white vinegar, molasses, sugar, water, salt, onions, anchovies, garlic, cloves, tamarind extract, natural flavorings, chili pepper extract), GARLIC, HERBS.

**CONTAINS:** Milk, Wheat, Fish. This product contains wine which has naturally occurring sulfites.

**COOKING INSTRUCTIONS:** Heat soup until it reaches a uniform 165°F. Hold product at 145°F or above.

**HANDLING:** Keep frozen. Thaw under refrigeration.

**SHELF LIFE:** 18 months from manufacture date, frozen. Once thawed use within 21 days.

Nutrition Facts	
Serving Size 1 cup (241g)	
Amount Per Serving	
<b>Calories</b> 230	Calories from Fat 90
% Daily Value*	
<b>Total Fat</b> 10g	<b>15%</b>
Saturated Fat 2.5g	<b>12%</b>
Trans Fat 0g	
<b>Cholesterol</b> 40mg	<b>13%</b>
<b>Sodium</b> 810mg	<b>34%</b>
<b>Total Carbohydrate</b> 18g	<b>6%</b>
Dietary Fiber 2g	<b>9%</b>
Sugars 4g	
<b>Protein</b> 15g	
Vitamin A 35%	Vitamin C 15%
Calcium 4%	Iron 15%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower based on your calorie needs.



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