

Italian Beef Stew over Parmesan Polenta

Nutritional Information

Per Serving: Stew: 290 cal, 9g fat (3g sat), 95mg chol, 585mg sodium, 9g carb, 2g fiber, 29g protein. **Polenta:** 200 cal, 10g fat (6g sat), 25mg chol, 670mg chol, 24g carb, 5g protein.

Contains: Dairy.

Lifestyle: Gluten-Free. Nut-Free.

At-Home Keto-Friendly Modification: Omit the polenta.

Ingredients: Stew: beef, sauce (onion, red wine, celery, butter, rice flour, tomato paste, gluten-free beef base, garlic, apple juice, salt, pepper), baby carrots, sliced onions, mushrooms, celery, thyme, spring onion. **Polenta:** polenta, parmesan cheese, butter, salt, pepper.

Please Note: Because Dinner Done dishes are hand-crafted, exact information may vary. Nutritional information calculated based on 3 servings per entrée.



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