



# Stouffer's Swedish Meatballs in Gravy 4 x 62 ounces

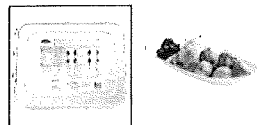


Meatballs made in the traditional way with seasoned pork and beef, breadcrumbs and spices covered with smooth, light brown gravy.

No preservatives. A good source of protein.

**Nestlé Code:** 11003930

**Nestlé Case Code:** 10013800300758



## NUTRITIONAL VALUE

### Ingredients

WATER, COOKED BEEF, PORK, DEHYDRATED SOUR CREAM (SOUR CREAM [CULTURED CREAM, NONFAT MILK]), SOY PROTEIN CONCENTRATE, SOYBEAN OIL, MODIFIED CORNSTARCH, 2% OR LESS OF DEHYDRATED ONIONS, WHEY PROTEIN CONCENTRATE, TOMATO PUREE (WATER, TOMATO PASTE), BREAD CRUMBS (BLEACHED WHEAT FLOUR CONTAINS 2% OR LESS OF: SUGAR, YEAST, SALT), BLEACHED WHEAT FLOUR, WHEY, SEASONING (HYDROLYZED SOY PROTEIN, SALT, CARAMEL COLOR), SEASONING

### Allergens

MILK, FISH, SOY, WHEAT

(HYDROLYZED SOY PROTEIN, YEAST EXTRACT), SUGAR, WORCESTERSHIRE SAUCE (VINEGAR, MOLASSES, WATER, TAMARIND, FLAVOR, SUGAR, SALT, CARMEL COLOR, ANCHOVY, ONION, GARLIC), MONO- & DIGLYCERIDES, CARMEL COLOR, SEASONING (HYDROLYZED SOY AND CORN PROTEIN, AUTOLYZED YEAST, WATER, SALT), SPICES, DRIED BEEF STOCK, DEHYDRATED GARLIC, LACTIC ACID BLEND (LACTIC ACID, CALCIUM LACTATE), NATURAL FLAVORS. CONTAINS: MILK, SOY, ANCHOVY, WHEAT INGREDIENTS.

**Nutritional Fact**

	Per 1/2 Cup (140 g)	Daily Value (%)	Per 100 g
Calories	200 calories		146 calories
Calories from Fat	110 calories		77.4 calories
Total Fat	12 g	18	8.6 g
Saturated Fat	5 g	25	3.6 g
Trans Fat	0 g		0 g
Cholesterol	35 mg	12	25 mg
Sodium	690 mg	29	493 mg
Carbohydrate	10 g	3	7.1 g
Dietary Fiber	1 g	4	0.7 g
Sugars	3 g		2.1 g
Protein	14 g	16	10 g
Vitamin A		0	0 IU
Vitamin C		0	0 mg
Calcium		8	57 mg
Iron		8	1 mg
Potassium			236 mg
Polyunsaturated Fat			1.4 g
Monounsaturated Fat			2 g

% daily values are based on a 2000 calorie diet

## PREPARATION & STORAGE

### Preparation

For food safety & quality, read and follow these COOKING INSTRUCTIONS to ensure that product reaches an internal temperature of 165°F. Cooking time may vary based on equipment and quantity cooked in equipment. Check for doneness using a thermometer.

**CONVECTION OVEN 325°F Preheated:**  
Cook Frozen (0°F) product for 50-55 min./Thawed (40°F or less) product for 25-30 min. Do not loosen lid. Place tray on a baking sheet. Stir halfway through cooking; replace lid.

**CONVENTIONAL OVEN 400°F Preheated:** Cook Frozen (0°F) product for 55-60 min./Thawed (40°F or less) product for 25-30 min. Do not loosen lid. Place tray on a baking sheet. Stir halfway through cooking; replace lid.

**LOW PRESSURE STEAMER 5-7 lb. PSI:** Cook Frozen (0°F) product for 40-45 min./Thawed (40°F or less) product for 25-30 min. Do not loosen lid. Stir halfway through cooking; replace lid.

**MICROWAVE OVEN 1100 watt:** Cook 1 Serving Thawed (40°F or less) product on High Power for 1-1/2 to 2 min. Cook loosely covered in microwave-safe container; stir. **NOTE:** Product must be cooked to an internal temperature of 165°F. Stir well before checking temperature. If thawing, product must be thawed under refrigeration (40°F) for no more than 48 hours prior to cooking. **DO NOT REFREEZE.**

### Storage

- Storage Temperature: Frozen < 34°F
- Shelf Life in Days: 720

## PRODUCT SPECIFICATIONS

### Packaging Information

Pack Size	4x62 oz.
Pack Yield	62 oz.
Case Yield	248 oz
Servings Per Case	52
Net Weight	15.5204 lbs

Gross Weight	16.75 lbs
Case Height	3.55 in
Case Width	13.2 in
Case Length	20.8 in
Case Cube	0.564 ft <sup>3</sup>
Cases Per Layer	7
Layers Per Pallet	16
Total Cases Per Pallet	112

## SERVINGS SUGGESTIONS

### Suggestions

Delicious over parsleyed buttered noodles, fettuccine, linguine or a flavored pasta. Serve inside a nest of whipped potatoes or steamed white rice. Stir in white or Madeira wine for a unique flavor dimension. Add sliced mushrooms and al denté egg noodles before baking for a casserole-style entrée. Serve over split croissants, buttermilk biscuits or corn bread squares. For a hot sandwich, serve on toasted French rolls.

### Meal Requirements

Serving Size	1/2 cup
Meat or Meat Alternate	1.5 oz.
Purchase Unit	4 x 62 oz.
Servings Per Purchase Unit	52
Purchase Units Per 100 Servings	2 cases

## Stouffer's

Stouffer's provides real food crafted from the very best ingredients. Capturing honest, authentic tastes and true, reliable performance. Food service operators and consumers cite Stouffer's as the best tasting, most trusted, and most loved frozen entrée and sides brand—the #1 market share in food service. With real food, you will see real results.