



STOUFFERS

# 768887 - Meatball Swedish W/Gravy

Stouffer's Swedish Meatballs in Gravy consists of tender, moist cooked meatballs made with a combination of seasoned beef and pork smothered in a sour cream gravy with a savory beef and onion flavor. Made from scratch appearance and has flavor with home-style character. No preservatives. A good source of protein. Keep froze...



## Nutrition Facts

<b>Serving size</b>	<b>140 Gram</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 16g	<b>21%</b>
Saturated Fat 6g	<b>30%</b>
Trans Fat 0.5g	
<b>Cholesterol</b> 35mg	<b>11%</b>
<b>Sodium</b> 520mg	<b>22%</b>
<b>Total Carbohydrate</b> 9g	<b>3%</b>
<b>Dietary Fiber</b>	<b>%</b>
<b>Total Sugars</b> 3g	
Includes Added Sugars	<b>%</b>
<b>Protein</b> 13g	
<b>Vitamin D</b>	<b>%</b>
<b>Calcium</b> 60mg	<b>4%</b>
<b>Iron</b> 1.6mg	<b>8%</b>
<b>Potassium</b> 450mg	<b>9%</b>

### \* Benefits

Stouffer's Swedish Meatballs in Gravy consists of tender, moist cooked meatballs made with a combination of seasoned beef and pork smothered in a sour cream gravy with a savory beef and onion flavor  
 Made from scratch appearance and has flavor with home-style character  
 No preservatives  
 Keep frozen and immediately before consumption, cook via convection oven, conventional oven or microwave. Holds well on steam table.  
 Good source of protein  
 Serve over whole grain noodles with a side of roasted vegetables

### Ingredients

WATER, COOKED BEEF, COOKED PORK, DEHYDRATED SOUR CREAM (SOUR CREAM [CULTURED CREAM, NONFAT MILK]), SOY PROTEIN CONCENTRATE, MODIFIED CORNSTARCH, 2% OR LESS OF SOYBEAN OIL, WHEY PROTEIN CONCENTRATE, DRIED ONIONS, TOMATO PUREE (WATER, TOMATO PASTE), SALT, BREAD CRUMBS (BLEACHED WHEAT FLOUR CONTAINS 2% OR LESS OF: SUGAR, YEAST, SALT), BLEACHED WHEAT FLOUR, WHEY, DRIED SOY SAUCE (SOYBEANS, SALT, WHEAT), SEASONING (WATER, FLAVOR, MALTODEXTRIN, SALT, CARAMEL COLOR, LESS THAN 2% OF LACTIC ACID, ENZYME MODIFIED CREAM), POTASSIUM CHLORIDE, ROASTED BEEF AND BEEF STOCK, SOY LECITHIN, WORCESTERSHIRE SAUCE (DISTILLED VINEGAR, MOLASSES, CORN SYRUP, WATER, SALT, CARAMEL COLOR, GARLIC POWDER, SUGAR, SPICES, TAMARIND, NATURAL FLAVOR), SUGAR, CULTURED WHEY, SEASONING (SOY SAUCE [WATER, SOYBEANS, WHEAT, SALT], AUTOLYZED YEAST EXTRACT, DEXTROSE, SOYBEAN OIL), CARAMEL COLOR, AUTOLYZED YEAST EXTRACT, SPICES, SEASONING (AUTOLYZED YEAST EXTRACT, GUM ARABIC, BEEF STOCK CONCENTRATE, BEEF, FLAVOR, SALT, SODIUM

### Allergens

#### Contains:

dairy soy wheat

#### Free From:

crustaceans eggs fish peanuts  
 tree nuts

### Handling Suggestions

Storage Temperature: Frozen < 32°F  
 Shelf Life in Days: 720.

### Serving 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 a dented 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.

### Prep & Cooking Suggestions

For Food Safety and Quality, follow cooking instructions: Cook product to internal temperature of 165°F.  
 CONVECTION OVEN 325°F Preheated: Do not loosen lid. Place tray on a baking sheet. Stir halfway through cooking; replace lid. Cook Frozen (0°F) product for 50-55 min./Thawed (40°F or less) product for 25-30 min.  
 CONVENTIONAL OVEN 400°F Preheated: Do not loosen lid. Place tray on a baking sheet. Stir halfway through cooking; replace lid. Cook Frozen (0°F) product for 55-60 min./Thawed (40°F or less) product for 25-30 min.  
 LOW PRESSURE STEAMER 5-7 lb. PSI: Do not loosen lid. Stir halfway through cooking; replace lid. Cook Frozen (0°F) product for 40-45 min./Thawed (40°F or less) product for 25-30 min.  
 MICROWAVE OVEN 1100 watt: Cook loosely covered in microwave-safe container; stir. Cook 1 Serving Thawed (40°F or less) product on High

### Product Specifications

Brand	Manufacturer	Product Category
STOUFFERS	Nestle Usa	Prepared Entrees

MFG #	SPC #	GTIN	Pack	Pack Desc.
10013800300758	768887	10013800300758		4/62 OZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
17 lb	15.5 lb	USA	No	

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
20.7 in	13.2 in	3.5 in	0.55 ft3	7x16	0 DAYS	-18°F / -13°F



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## Nutrition Analysis

Calories	230 kcal	Total Fat	16 g	Sodium	520 mg
Protein	13	Trans Fats	0.5 g	Calcium	60 mg
Total Carbohydrates...	9 g	Saturated Fat	6 g	Iron	1.6 mg
Sugars	3 g	Added Sugars		Potassium	450 mg
Dietary Fiber		Polyunsaturated Fat	1.5 g	Zinc	
Lactose		Monounsaturated Fat	3.9 g	Phosphorus	
Sucrose		Cholesterol	35 mg		
Vitamin A(U)		Vitamin D		Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

## Additional Images

