

# HelloFresh 2023 Thanksgiving Beef Tenderloin Box Nutrition Facts

## Nutrition Facts

servings per container

**Serving size**

Amount per serving

**Calories**

**Total Fat**

Saturated Fat

Trans Fat

**Cholesterol**

**Sodium**

**Total Carbohydrate**

Dietary Fiber

Total Sugars

Includes Added Sugars

**Protein**

Vitamin D

Calcium

Iron

Potassium

\*The % Daily Value 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.

|  | Beef Tenderloin    | Mashed Potatoes     | Stuffing              | Green Beans        | Apple Crisp         | Gravy             |
|--|--------------------|---------------------|-----------------------|--------------------|---------------------|-------------------|
|  | 4-6<br>6 oz (228g) | 4-6<br>1 cup (248g) | 4-6<br>1/2 cup (152g) | 4-6<br>4 oz (127g) | 4-6<br>1 cup (295g) | 4-6<br>1 oz (23g) |
|  | <b>460</b>         | <b>250</b>          | <b>460</b>            | <b>210</b>         | <b>490</b>          | <b>60</b>         |
|  | % Daily Value*     | % Daily Value*      | % Daily Value*        | % Daily Value*     | % Daily Value*      | % Daily Value*    |
|  | 27g                | 12g                 | 22g                   | 16g                | 19g                 | 3.5g              |
|  | 35%                | 15%                 | 28%                   | 21%                | 24%                 | 4%                |
|  | 11g                | 8g                  | 11g                   | 3g                 | 9g                  | 2g                |
|  | 55%                | 40%                 | 55%                   | 15%                | 45%                 | 10%               |
|  | 0g                 | 0g                  | 1.5g                  | 0g                 | 0.5g                | 0g                |
|  | 130mg              | 35mg                | 95mg                  | 10mg               | 35mg                | 5mg               |
|  | 43%                | 12%                 | 32%                   | 3%                 | 12%                 | 2%                |
|  | 560mg              | 60mg                | 840mg                 | 45mg               | 5mg                 | 310mg             |
|  | 24%                | 3%                  | 37%                   | 2%                 | 0%                  | 13%               |
|  | 14g                | 32g                 | 64g                   | 17g                | 78g                 | 7g                |
|  | 5%                 | 12%                 | 23%                   | 6%                 | 28%                 | 3%                |
|  | 1g                 | 4g                  | 2g                    | 4g                 | 7g                  | 1g                |
|  | 4%                 | 14%                 | 7%                    | 14%                | 25%                 | 4%                |
|  | 5g                 | 5g                  | 16g                   | 12g                | 52g                 | 2g                |
|  | 4g                 | 0g                  | 15g                   | 4g                 | 30g                 | 2g                |
|  | 8%                 | 0%                  | 30%                   | 8%                 | 60%                 | 4%                |
|  | 36g                | 5g                  | 8g                    | 3g                 | 4g                  | 1g                |
|  | 0mcg               | 0mcg                | 0mcg                  | 0mcg               | 0mcg                | 0mcg              |
|  | 0%                 | 0%                  | 0%                    | 0%                 | 0%                  | 0%                |
|  | 25mg               | 91mg                | 59mg                  | 49mg               | 23mg                | 36mg              |
|  | 2%                 | 8%                  | 4%                    | 4%                 | 2%                  | 2%                |
|  | 4mg                | 1mg                 | 2mg                   | 1mg                | 1mg                 | 1mg               |
|  | 20%                | 6%                  | 10%                   | 6%                 | 6%                  | 6%                |
|  | 652mg              | 822mg               | 194mg                 | 268mg              | 296mg               | 76mg              |
|  | 15%                | 15%                 | 4%                    | 6%                 | 6%                  | 2%                |

## INGREDIENTS

**Beef Tenderloin:** Beef Tenderloin, Beef Demi Glace (vegetable juice concentrates (tomato, onion, carrot, celery), maltodextrin, wine, sugar, CREAM, salt, beef stock, natural flavor, yeast extract, beef fat), Onion, Butter\*\*, Sherry Vinegar, Olive Oil\*\*, Thyme, Black Peppercorns. **Contains Milk.**

**Mashed Potatoes:** Potatoes, Milk (reduced fat MILK, vitamin a palmitate, vitamin d3), Butter\*\*, Sour Cream (cultured CREAM, modified corn starch, lactic acid, natural flavor, citric acid, sodium tripolyphosphate, carrageenan, calcium sulfate, potassium sorbate (preservative), locust bean gum, guar gum), Garlic. **Contains Milk.**

## **INGREDIENTS, CONT.**

**Stuffing:** Brioche Buns (WHEAT flour (bleached enriched WHEAT flour (bleached wheat flour, niacin, ferrous sulfate, iron, thiamin mononitrate, riboflavin, folic acid), malted barley flour, potassium bromate), water, hawaiian sweet roll concentrate (potato flour, enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), sugar, trans fat-free shortening, palm oil, rye flour, potato flour, yeast, salt, canola oil, powdered MILK, BUTTER (CREAM, natural flavor), BUTTER flavor, cultured WHEAT flour, WHEAT GLUTEN, EGGS, sunflower lecithin, liquid EGGS (whole EGGS, citric acid, water), granulated sugar, turmeric, annatto, dextrose, dough conditioner (WHEAT flour, modified corn starch, monoglycerides, corn syrup solids, refined soybean oil, enzymes), pan spray (canola oil, mono & diglycerides, propellant), guar gum, fava bean flour, calcium diphosphate, ascorbic acid, gem 100 (enriched wheat flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid) enzymes, ascorbic acid), SOYBEAN oil, calcium propionate, xanthan gum, sodium stearoyl lactylate, monoglycerides, yellow corn flour, ammonium sulfate, malt extract, vegetable protein, starch, maltodextrin), Onion, Celery, Butter\*\*, EGGS (whole shell EGG, food grade wax (to preserve freshness)), Dried Cranberries (cranberries, sugar, sunflower oil), Chicken Stock Concentrate (chicken stock, maltodextrin, chicken fat, sugar, salt, natural flavor, yeast extract, xanthan gum), Veggie Stock Concentrate (vegetable juice concentrates (tomato, mushroom, onion, carrot, celery), sugar, maltodextrin, salt, yeast extract, natural flavor), Sage, Thyme, Garlic Powder. **Contains Egg, Milk, Soy, Wheat.**

**Green Beans:** Green Beans, PECANS (PECANS, peanut oil, sunflower oil, canola oil, and/or cottonseed oil), Roasted Garlic Herb Butter (butter (pasteurized CREAM, salt, lactic acid), roasted garlic (garlic, citric acid), garlic puree (roasted garlic), soybean oil or expeller pressed canola oil, parsley, basil, oregano, chives, spice, salt, onion salt, dehydrated onion, garlic salt, garlic, dehydrated chives, black pepper, food starch-modified), Brown Sugar, Olive Oil\*\*. **Contains Pecans, Milk.**

**Apple Crisp:** Apple, Sugar\*\*, Flour (bleached enriched WHEAT flour (WHEAT flour, enzyme, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), malted BARLEY flour), Butter\*\*, Lemon, PECANS (PECANS, peanut oil, sunflower oil, canola oil, and/or cottonseed oil), Ground Cinnamon. **Contains Pecans, Milk, Wheat.**

**Gravy:** Beef Demi Glace (vegetable juice concentrates (tomato, onion, carrot, celery), maltodextrin, wine, sugar, CREAM, salt, beef stock, natural flavor, yeast extract, beef fat), Shallot, Butter\*\*, Beef Stock Concentrate (beef stock, salt, sugar, beef fat, maltodextrin, natural flavor, yeast extract, xanthan gum), Flour (bleached enriched WHEAT flour (WHEAT flour, enzyme, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), malted BARLEY flour), Sage, Thyme, Garlic. **Contains Milk, Wheat.**