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› Healthy Choice Simply Steamers Beef & Broccoli Frozen Dinner Instruction Manual

Healthy Choice Simply Steamers Beef & Broccoli

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PRODUCT OVERVIEW

The Healthy Choice Simply Steamers Beef & Broccoli frozen dinner offers a convenient meal solution. This entree features crisp vegetables, tender proteins, and flavorful sauce. It is designed for microwave preparation, providing a quick and easy meal option.

- Culinary-inspired all-natural meal, steamed from the microwave.
- Features tender, 100% natural beef strips and crisp broccoli.
- Served in a sweet sesame soy sauce over fluffy rice.
- Made with no artificial ingredients.
- Contains one 10 Ounce (283g) serving, with 280 calories, 0g trans fat, and 22g protein.
- Contains soy and wheat.



**MADE WITH TENDER BEEF,
BROCCOLI, BROWN RICE &
SESAME SOY SAUCE**

Image: Healthy Choice Simply Steamers Beef & Broccoli frozen dinner in its packaging.

INGREDIENTS:

COOKED BROWN RICE (WATER, BROWN RICE), SESAME SOY SAUCE (WATER, SOY SAUCE [WATER, WHEAT, SOYBEANS, SALT, ALCOHOL, VINEGAR, LACTIC ACID], SUGAR, CORN STARCH, SESAME SEED OIL, CONTAINS 2% OR LESS OF: RICE VINEGAR, CHICKEN FLAVOR [CHICKEN BROTH, SALT, CHICKEN FAT], COOKING WINE [WHITE WINE, NATURAL FLAVOR, SALT], CANOLA OIL, GARLIC POWDER, GROUND COCHIN GINGER, GROUND WHITE PEPPER), BROCCOLI, SEASONED COOKED BEEF STRIP AND BINDER PRODUCT (BEEF, WATER, SUGAR, POTASSIUM CHLORIDE, POTATO STARCH, SEA SALT, ISOLATED SOY PROTEIN, FLAVORINGS, OLIVE OIL).

CONTAINS: SESAME, SOY, WHEAT.

Image: Graphic stating 'Made with tender beef, broccoli, brown rice & sesame soy sauce'.

16g
PROTEIN

• • •

3g
FIBER

• • •

NOTHING
ARTIFICIAL

Image: Healthy Choice Simply Steamers Beef & Broccoli meal served on a black plate.



Image: Graphic highlighting key nutritional benefits: 16g Protein, 3g Fiber, Nothing Artificial.

PREPARATION AND COOKING INSTRUCTIONS

This Healthy Choice Simply Steamers meal is designed for microwave preparation. Follow these steps for optimal results:

1. **Microwave:** Place the meal in the microwave. Cook on high for 3-4 minutes. No need to vent film.
2. **Stir:** Carefully remove from microwave. Stir the steamed food into the sauce bowl. Be cautious, as contents will be hot.
3. **Check:** Ensure the food is cooked thoroughly before consumption.

Let stand for 1 minute before eating.



MICROWAVE INSTRUCTIONS

- 1 MICROWAVE** on high 4 to 4½ minutes.
No need to vent film.
- 2 STIR** steamed food into sauce bowl.
Careful, it's hot!
- 3 CHECK** that food is cooked thoroughly.
Enjoy!

Image: Visual guide for microwave cooking instructions.

INGREDIENTS AND NUTRITION

Detailed information regarding the ingredients and nutritional content of this product is provided below.

Ingredients

Cooked Rice (Water, Brown Rice), Sesame Soy Sauce (Water, Soy Sauce [Water, Wheat, Soybeans, Salt, Alcohol, Vinegar, Lactic Acid], Sugar, Corn Starch, Garlic, Sesame Seed Oil, Contains 2% or Less of: Chicken Flavor [Chicken Broth, Salt, Chicken Fat], Rice Vinegar, Cooking Wine [White Wine, Natural Flavor, Salt], Canola Oil, Ginger, Chili Paste [Red Chili Peppers, Distilled Vinegar, Salt], White Pepper), Broccoli, Seasoned Cooked Beef Strip and Binder Product (Beef, Water, Sugar, Potassium Chloride, Potato Starch, Sea Salt, Isolated Soy Protein, Flavorings, Olive Oil). Contains: Sesame, Soy, Wheat.

INGREDIENTS:

COOKED BROWN RICE

(WATER, BROWN RICE).

SESAME SOY SAUCE

(WATER, SOY SAUCE [WATER, WHEAT, SOYBEANS, SALT, ALCOHOL, VINEGAR, LACTIC ACID], SUGAR, CORN STARCH, SESAME SEED OIL, CONTAINS 2% OR LESS OF: RICE VINEGAR, CHICKEN FLAVOR [CHICKEN BROTH, SALT, CHICKEN FAT], COOKING WINE [WHITE WINE, NATURAL FLAVOR, SALT], CANOLA OIL, GARLIC POWDER, GROUND COCHIN GINGER, GROUND WHITE PEPPER).

BROCCOLI.

SEASONED COOKED BEEF STRIP AND BINDER PRODUCT

(BEEF, WATER, SUGAR, POTASSIUM CHLORIDE, POTATO STARCH, SEA SALT, ISOLATED SOY PROTEIN, FLAVORINGS, OLIVE OIL).

CONTAINS: SESAME, SOY, WHEAT.

Image: Detailed ingredients list.

Nutritional Information

Serving size: 1 meal (283g). 1 serving per container.

Nutrient	Amount per serving	% Daily Value*
Calories	270	
Total Fat	5g	6%
Saturated Fat	1.5g	8%
Trans Fat	0g	
Sodium	520mg	23%
Total Carbohydrate	39g	14%
Dietary Fiber	3g	11%
Total Sugars	6g	

treat, cure, or prevent any disease or health condition.

PRODUCT SPECIFICATIONS

Specification	Detail
Product Dimensions	1.94 x 7.44 x 7.44 inches
Item Weight	10 ounces (283g)
Item Model Number	00072655454453
UPC	072655454453
Manufacturer	Conagra
Brand	Healthy Choice
Package Information	Box
Number of Items	1
Flavor	Beef and Broccoli

OFFICIAL PRODUCT VIDEOS

Healthy Choice Simply Steamers Meals Overview

Your browser does not support the video tag.

Video: This video provides a general overview of various Healthy Choice Simply Steamers meals, showcasing their convenience and appeal.

Healthy Choice Simply Steamers Product Line

Your browser does not support the video tag.

Video: This video offers a general overview of the Healthy Choice Simply Steamers product line, highlighting its features and benefits.

WARRANTY AND SUPPORT

For any questions, concerns, or support regarding this product, please contact the manufacturer, Conagra, directly. Specific warranty information is not provided with this manual. Please refer to the product packaging or the manufacturer's official website for further details.