

Date: 6/29/2011

Time: 2:52 PM



Beef & Noodles

Hesston College

Author

Categories Beef, Entree, Pasta/Rice/Noodles

Tools Ladle 4 oz, Pan ST 4"

Locations

Plate/Store

Yield 3 pan **Cook**

Portion 6 oz

Num Portions 96

Nutrition Facts

Serving Size 6 oz (170g)

Servings Per Container 96

Amount Per Serving

Calories 350 **Calories From Fat** 126

% Daily Value

Total Fat 14g 21%

Saturated Fat 5g 25%

Trans Fat 0g

Cholesterol 97mg 32%

Sodium 468mg 19%

Total Carbohydrates 32g 11%

Dietary Fiber 1g 5%

Protein 25g

Vitamin A 1% **Vitamin C** 0%

Calcium 2% **Iron** 20%

* Percent Daily Values are based on a 2000 calorie diet.

Nutrition Descriptors

Sugar Free

High in Iron

High in Protein

Good Source of Potassium

Good Source of Carbohydrates