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# Beef & Vegetable Stew

Hesston College

## Author

**Categories** Beef, Entree, Soup / Stew

**Tools** Ladle 4 oz, Pan ST 4"

## Locations

## Plate/Store

**Yield** 8 gal **Cook**

**Portion** 8 fl oz

**Num Portions** 128

<b>Nutrition Facts</b>	
Serving Size	8 fl oz
Servings Per Container	128
<b>Amount Per Serving</b>	
<b>Calories</b> 256	<b>Calories From Fat</b> 85
% Daily Value	
<b>Total Fat</b> 9g	14%
<b>Saturated Fat</b> 4g	17%
<b>Trans Fat</b> 0g	
<b>Cholesterol</b> 43mg	14%
<b>Sodium</b> 575mg	24%
<b>Total Carbohydrates</b> 26g	9%
<b>Dietary Fiber</b> 5g	22%
<b>Protein</b> 18g	
<b>Vitamin A</b> 81%	<b>Vitamin C</b> 65%
<b>Calcium</b> 5%	<b>Iron</b> 16%
* Percent Daily Values are based on a 2000 calorie diet.	

## Nutrition Descriptors

- High in Vitamin A
- High in Vitamin C
- High in Potassium
- High in Fiber
- High in Protein
- Good Source of Iron