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

Nutrition Facts
Serving Size 8 fl oz
Servings Per Container 128

Amount Per Serving
Calories 256 Calories From Fat 85

% Daily Value
Total Fat 9g 14%
Saturated Fat 4g 17%
Trans Fat 0g
Cholesterol 43mg 14%
Sodium 575mg 24%
Total Carbohydrates 26g 9%
Dietary Fiber 5g 22%
Protein 18g

Vitamin A 81% Vitamin C 65%
Calcium 5% Iron 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