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Time: 11:12 AM



# Curry, Beef

Hesston College

**Author**

**Categories** Beef, Entree

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

**Locations**

**Plate/Store**

**Yield** 5 gal **Cook**  
**Portion** 8 fl oz  
**Num Portions** 80

<b>Nutrition Facts</b>	
Serving Size 8 fl oz	
Servings Per Container 80	
Amount Per Serving	
<b>Calories 445</b> Calories From Fat 243	
% Daily Value	
<b>Total Fat</b> 27g	40%
Saturated Fat 10g	44%
Trans Fat 0g	
<b>Cholesterol</b> 102mg	34%
<b>Sodium</b> 692mg	29%
<b>Total Carbohydrates</b> 14g	5%
Dietary Fiber 3g	13%
<b>Protein</b> 36g	
Vitamin A 15%	Vitamin C 23%
Calcium 4%	Iron 22%
* Percent Daily Values are based on a 2000 calorie diet.	

**Nutrition Descriptors**

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