

Date: 6/29/2011

Time: 3:04 PM



Goulash

Hesston College

Author

Categories Beef, Entree, Pasta/Rice/Noodles

Tools Pan ST 4", Spoon solid

Locations

Plate/Store

Yield 3 pan **Cook**
Portion 6 oz
Num Portions 144

Nutrition Facts

Serving Size 6 oz (170g)

Servings Per Container 144

Amount Per Serving

Calories 350 Calories From Fat 163

% Daily Value

Total Fat 18g 27%

Saturated Fat 8g 37%

Trans Fat 0g

Cholesterol 67mg 22%

Sodium 555mg 23%

Total Carbohydrates 25g 8%

Dietary Fiber 2g 7%

Protein 22g

Vitamin A 12% Vitamin C 16%

Calcium 13% Iron 16%

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

Nutrition Descriptors

High in Protein

Good Source of Vitamin A

Good Source of Vitamin C

Good Source of Calcium

Good Source of Potassium

Good Source of Iron