

Date: 6/29/2011

Time: 3:15 PM



## Gravy, Creamed Dried Beef

Hesston College

### Author

**Categories** Beef, Entree, breakfast, Sauce / Gravy

**Tools** Ladle 4 oz, Pan ST half 6"

### Locations

### Plate/Store

**Yield** 3 gal **Cook**

**Portion** 4 fl oz

**Num Portions** 96

## Nutrition Facts

Serving Size 4 fl oz

Servings Per Container 96

Amount Per Serving

**Calories** 118 **Calories From Fat** 70

% Daily Value

**Total Fat** 8g 12%

**Saturated Fat** 3g 12%

**Trans Fat** 0g

**Cholesterol** 21mg 7%

**Sodium** 458mg 19%

**Total Carbohydrates** 10g 3%

**Dietary Fiber** 0g 1%

**Protein** 7g

**Vitamin A** 6% **Vitamin C** 1%

**Calcium** 10% **Iron** 4%

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

### Nutrition Descriptors

Good Source of Calcium

Good Source of Protein