

Date: 8/5/2011
Time: 5:16 PM



Pepper Steak

Hesston College

Author

Categories Beef, Entree

Tools Pan ST 4", Spoon solid

Locations

Plate/Store

Yield 7 gal **Cook**
Portion 5.12 fl oz
Num Portions 175

Nutrition Facts	
Serving Size 5.1 fl oz	
Servings Per Container 175	
Amount Per Serving	
Calories 294 Calories From Fat 186	
% Daily Value	
Total Fat 21g	31%
Saturated Fat 9g	40%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 1906mg	79%
Total Carbohydrates 14g	5%
Dietary Fiber 1g	5%
Protein 13g	
Vitamin A 18%	Vitamin C 81%
Calcium 2%	Iron 13%
* Percent Daily Values are based on a 2000 calorie diet.	

Nutrition Descriptors

High in Vitamin C
High in Protein
Good Source of Vitamin A
Good Source of Iron