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# Sloppy Joes

Hesston College

## Author

**Categories** Beef, Sandwich

**Tools** Pan ST 4", Spoon solid

## Locations

## Plate/Store

**Yield** 9.41 gal

**Cook**

**Portion** 4 fl oz

**Num Portions** 301.12

## Nutrition Facts

Serving Size 4 fl oz

Servings Per Container about 301

Amount Per Serving

**Calories** 273 **Calories From Fat** 152

% Daily Value

**Total Fat** 17g 25%

**Saturated Fat** 7g 30%

**Trans Fat** 0g

**Cholesterol** 68mg 23%

**Sodium** 609mg 25%

**Total Carbohydrates** 11g 4%

**Dietary Fiber** 1g 3%

**Protein** 19g

**Vitamin A** 7% **Vitamin C** 9%

**Calcium** 2% **Iron** 12%

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

## Nutrition Descriptors

High in Protein

Good Source of Potassium

Good Source of Iron