

B-REGULAR HOMESTYLE BEEF POT ROAST

 1 bowl

INGREDIENTS

- 1 3 oz of A-Shredded Plain Beef [89 g]
- 2 cup of A-Pot Roast Vegetable [368 g]

NUTRITIONAL INFORMATION

	PER 100 g	PER BOWL (457 g)	% DRI
ENERGY	92 kcal	419 kcal	21 %
FAT	2 g	11 g	17 %
FATTY ACIDS, TOTAL SATURATED	1 g	3 g	16 %
CHOLESTEROL	18 mg	84 mg	28 %
SODIUM	71 mg	322 mg	13 %
CARBOHYDRATE	11 g	49 g	16 %
SUGARS	2 g	8 g	—
FIBER	2 g	8 g	30 %
PROTEIN	7 g	34 g	—