

## B-SMALL HOMESTYLE BEEF POT ROAST

 1 bowl

### INGREDIENTS

- 1 3 oz of A-Shredded Plain Beef (89 g)
- 1 cup of A-Pot Roast Vegetable (184 g)

### NUTRITIONAL INFORMATION

	PER 100 g	PER BOWL (273 g)	% DRI
ENERGY	108 kcal	295 kcal	15 %
FAT	3 g	8 g	13 %
FATTY ACIDS, TOTAL SATURATED	1 g	3 g	14 %
CHOLESTEROL	31 mg	84 mg	28 %
SODIUM	70 mg	192 mg	8 %
CARBOHYDRATE	9 g	25 g	8 %
SUGARS	1 g	4 g	—
FIBER	1 g	4 g	16 %
PROTEIN	11 g	31 g	—