

B-FAMILY STYLE SHREDDED BEEF

 1 bowl

INGREDIENTS

- 4 3 ounces of A-Shredded Plain Beef (356 g)

NUTRITIONAL INFORMATION

	PER 100 g	PER BOWL (356 g)	% DRI
ENERGY	193 kcal	689 kcal	34 %
FAT	7 g	23 g	36 %
FATTY ACIDS, TOTAL SATURATED	3 g	10 g	48 %
CHOLESTEROL	95 mg	337 mg	112 %
SODIUM	70 mg	250 mg	10 %
CARBOHYDRATE	2 g	9 g	3 %
SUGARS	0 g	0 g	—
FIBER	0 g	1 g	6 %
PROTEIN	31 g	112 g	—