

Beef Brisket & Gravy

Number of Servings: 1 (113.4 g per serving)

Weight: 113.4 g

| Ingredient | Comments |
|---|----------------------|
| Beef, brisket, flat half, brsd, 1/8" trim | |
| Beef Gravy | Contains: Wheat, Soy |

| Nutrition Facts | |
|--|------------------------------|
| Serving Size 3 oz. Portion (113g) | |
| Servings Per Container | |
| Amount Per Serving | |
| Calories 260 | Calories from Fat 140 |
| % Daily Value* | |
| Total Fat 16g | 25% |
| Saturated Fat 6g | 30% |
| Cholesterol 65mg | 22% |
| Sodium 230mg | 10% |
| Total Carbohydrate 2g | 1% |
| Dietary Fiber 0g | 0% |
| Sugars 0g | |
| Protein 25g | |
| Vitamin A 0% | • Vitamin C 0% |
| Calcium 2% | • Iron 10% |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: | |
| | Calories: 2,000 2,500 |
| Total Fat | Less than 65g 80g |
| Saturated Fat | Less than 20g 25g |
| Cholesterol | Less than 300mg 300 mg |
| Sodium | Less than 2,400mg 2,400mg |
| Total Carbohydrate | 300g 375g |
| Dietary Fiber | 25g 30g |
| Calories per gram: | |
| Fat 9 • Carbohydrate 4 • Protein 4 | |

Provided by: St. Norbert College Dining Services using ESHA Food Processor 10.1 software

7/5/2007

11:01:43 AM