

# Beef Stroganoff

Number of Servings: 1 (265.26 g per serving)

Ingredient	Comments
Beef, tenderloin, extra lean, raw	
Onion, yellow, fresh, chpd	
Garlic, crushed, wet	
Spice, pepper, black	
Sauce, worcestershire	Conatins: Malt Vinegar, Fish
Water, tap, municipal	
Beef Gravy Mix	Contains: Wheat, Soy
Wine, cooking, burgundy	
Mushrooms, cnd, drained, pces/slices	
Sour Cream, light	
Tomato Paste, cnd	
Egg Noodles Frozen	Contains: Wheat, Egg

Nutrition Facts	
Serving Size About 1 Cup (265g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 290</b>	<b>Calories from Fat 60</b>
% Daily Value*	
<b>Total Fat 7g</b>	<b>11%</b>
Saturated Fat 2.5g	<b>13%</b>
<b>Cholesterol 90mg</b>	<b>30%</b>
<b>Sodium 700mg</b>	<b>29%</b>
<b>Total Carbohydrate 35g</b>	<b>12%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 5g	
<b>Protein 22g</b>	
Vitamin A 4%	• Vitamin C 6%
Calcium 2%	• Iron 20%
*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

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