

Beef Gravy

Number of Servings: 73 (58.06 g per serving)

Ingredient	Comments
Water, municipal	
Beef Gravy Mix	

Nutrition Facts			
Serving Size 1/4 Cup (58g)			
Servings Per Container			
Amount Per Serving			
Calories 25	Calories from Fat 5		
%			
Total Fat 1g			
Saturated Fat 0g			
Cholesterol 0mg			
Sodium 380mg			
Total Carbohydrate 4g			
Dietary Fiber 0g			
Sugars 1g			
Protein 0g			
Vitamin A 0% • Vitamin C 0%			
Calcium 0% • Iron 0%			
*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

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