

# BEEF AND CHEESE SAUCE

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.50 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9440
<b>School:</b>	Manchester High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE BEEF W/CHS SCE 6-5 JTM	3 1/2 Ounce		584101

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.030
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.50 Ounce

Amount Per Serving	
<b>Calories</b>	166.38
<b>Fat</b>	9.13g
<b>SaturatedFat</b>	4.06g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	50.72mg
<b>Sodium</b>	386.52mg
<b>Carbohydrates</b>	7.10g
<b>Fiber</b>	0.00g
<b>Sugar</b>	3.04g
<b>Protein</b>	13.19g
<b>Vitamin A</b> 249.57IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 177.54mg	<b>Iron</b> 1.01mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

<b>Calories</b>	167.68
<b>Fat</b>	9.20g
<b>SaturatedFat</b>	4.09g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	51.12mg
<b>Sodium</b>	389.55mg
<b>Carbohydrates</b>	7.16g
<b>Fiber</b>	0.00g
<b>Sugar</b>	3.07g
<b>Protein</b>	13.29g
<b>Vitamin A</b> 251.52IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 178.93mg	<b>Iron</b> 1.02mg

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