

**ROAST BEEF (PRECOOKED)**

**Yield** 100

**Portion** 4 Ounces

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
249 cal	0 g	35 g	11 g	101 mg	78 mg	9 mg

**Ingredient**

BEEF,OVEN ROAST,PRE COOKED

**Weight**

26 lbs

**Measure**

**Issue**

**Method**

- 1 Thaw beef. CCP: Hold for service at 140 F. or higher.