

BEEF STEW (CANNED)

Yield 100

Portion 1-1/4 Cups

| Calories | Carbohydrates | Protein | Fat | Cholesterol | Sodium | Calcium |
|----------|---------------|---------|------|-------------|---------|---------|
| 286 cal | 21 g | 15 g | 16 g | 49 mg | 1240 mg | 36 mg |

Ingredient

BEEF STEW,CANNED,W/VEGETABLES

Weight

67 lbs

Measure

Issue

Method

- 1 Heat to a serving temperature. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.