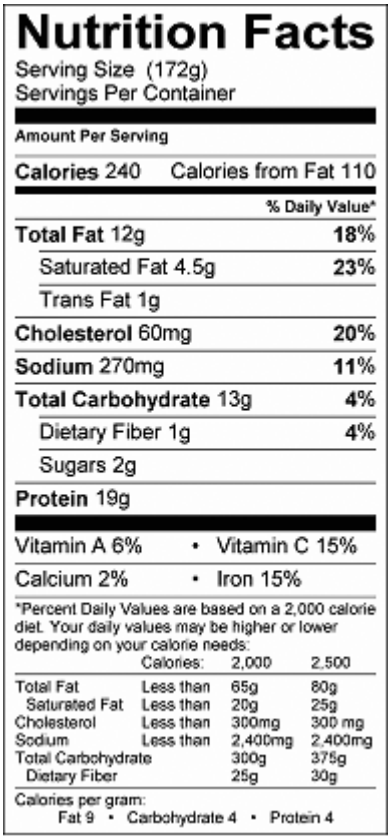
Beef-a-Roni

Ingredients

Beef, Tomatoes, diced, cnd, Pasta, macaroni, enrich, ckd, Onion, Celery, Salt, Sauce, worcestershire.

Nutrients per serving



Nutrition Facts

Serving Size (172g)
Servings Per Container

Amount Per Serving

Calories 240	Calories from Fat 110
	% Daily Value*
Total Fat 12g	**18%**
Saturated Fat 4.5g	**23%**
Trans Fat 1g	
Cholesterol 60mg	**20%**
Sodium 270mg	**11%**
Total Carbohydrate 13g	**4%**
Dietary Fiber 1g	**4%**
Sugars 2g	
Protein 19g	

Vitamin A 6% • Vitamin C 15%

Calcium 2% • Iron 15%

*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