



					HACCP Process: 2 * Cooking times are for fresh or thoroughly thawed ground beef. Ground beef should be cooked to an internal temperature of 160°F. Color is not a reliable indicator of Ground beef doneness.
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**Provides:**                  **Yield: 50 servings:**                  **Serving Size: 169.0 gm** (*Weight or Volume*)  
                                        **100 servings:**                  **Serving Size: 169.0 gm** (*Weight or Volume*)

**Nutrients per Serving**

Calories	359	Dietary Fiber	6.5 gm	Vitamin B12	1.9 mcg
Protein	24.0 gm	Total Sugar (not added sugar)	4.4 gm	Iron	3.3 mg
Carbohydrate	33.0 gm	Cholesterol	41.0 mg	Vitamin B6	0.2 mg
Fat	14.9 gm	Sodium	632.0 mg	Selenium	9.6 mcg
Saturated Fat	5.9 gm	Zinc	3.0 mg	Phosphorus	129.0 mg

A serving of this recipe is an excellent source of protein, dietary fiber, riboflavin, vitamin B12, and zinc and a good source of niacin, vitamin B6, iron, selenium, and phosphorus.

**For more information contact: NY Beef Council 315-339-6922/[www.nybeef.org](http://www.nybeef.org)**

