

Nutrition Facts

Serving size 1 2-inch slice of roast beef, 1/2 cup carrots, 1/2 cup potatoes

Amount Per Serving

Calories

300

% Daily Value*

Total Fat 10g **13%**

Saturated Fat 4g **20%**

Trans Fat 0g

Polyunsaturated Fat 1g

Monounsaturated Fat 4g

Cholesterol 45mg **15%**

Sodium 250mg **11%**

Total Carbohydrate 32g **12%**

Dietary Fiber 5g **18%**

Total Sugars 6g

Includes 0g Added Sugars **0%**

Protein 20g **40%**

Vitamin D 0mcg **0%**

Calcium 77mg **6%**

Iron 2.8mg **15%**

Potassium 1176mg **25%**

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.