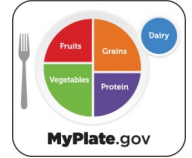




USDA Foods in Schools

100127 - Beef, Coarse Ground, Cooked, Canned
Category: **Meat/Meat Alternate**



Product Description

- This item is coarse ground beef cooked in its own juices and canned. This product is delivered in cases containing twenty-four 24-ounce cans.

Crediting/Yield

- One case of canned beef provides about 384 1-ounce servings.
- CN Crediting: 1 ounce of heated canned beef credits as 1 ounce equivalent meat/meat alternate.

Culinary Tips and Recipes

- Canned beef can be heated and served as a protein component in a variety of dishes, such as barbeque beef, soups, stews, or spaghetti sauce.
- For culinary techniques and recipe ideas, visit the [Institute of Child Nutrition](#) or [USDA's Team Nutrition](#).

Food Safety Information

- For more information on safe storage and cooking temperatures, and safe handling practices, please refer to: [Developing a School Food Safety Program Based on the Process Approach to HACCP Principles](#).

Visit us at www.fns.usda.gov/usda-fis

Nutrition Facts

Serving size: 2 ounces (56 g)/2 MMA canned beef

Amount Per Serving

Calories 120

Total Fat 8g

Saturated Fat 4g

Trans Fat 0g

Cholesterol 35mg

Sodium 150mg

Total Carbohydrate 0g

Dietary Fiber 0g

Sugars 0g

Includes 0g Added Sugars

Protein 10g

Source: USDA Foods Vendor Labels

Allergen Information: Please refer to allergen statement on the outside of the product package for vendor-specific information. For more information, contact the product manufacturer directly.

Nutrient values in this section are from the USDA Food Composition Database or are representative values from USDA Foods vendor labels. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.