

# **JCC CAMPS AT MEDFORD**

## **NUTRITIONAL INFORMATION –SLOPPY JOES**

### **Sloppy Joes**

#### **Nutrition Facts**

Serving Size: 3oz  
Calories: 175  
Calories from Fat: 85  
Total Fat: 9.4g  
Saturated Fat: 3.7g  
Transfat: 0g  
Cholesterol: 73mg  
Sodium: 52mg  
Total Carbohydrate: 0g  
Dietary Fiber: 0g  
Protein: 22.6g

Ingredients: 3 oz Beef, ground, 90% lean, baked

### **Marinara Sauce - Eden California Marinara Sauce**

#### **Nutrition Facts**

Serving Size: ½ cup  
Calories: 60  
Calories from Fat: 35  
Total Fat: 4  
Saturated Fat: 0.5g  
Transfat: 0g  
Cholesterol: 0mg  
Sodium: 740mg  
Total Carbohydrate: 11g  
Dietary Fiber: 1g  
Sugars: 3g  
Protein: 2g

Ingredients: Tomato puree, soybean oil, enriched flour (wheat flour, niacin, reduced iron, thiamine, mononitrate and riboflavin), salt, food starch-modified, dehydrated garlic, dehydrated onion, spice, bell pepper, calcium chloride, and citric acid

Contains: Wheat Flour, soybean oil.