Beef (Stew Meat)

Roll
High Protein

Dinner D6-10

Low SF
Low Sodium

Spanish Style Beef Stew

Sara Lee Artesano Bakery Rolls

Notes:

Cook time includes 15 minutes for the pressure cooker to release naturally.

Servings	*Prep*	*Cook*	*Total*
4	15 min	55 min	1hr 10min

Nutritional Information

8/20/2026

	Stew	*Roll*	*Total*
Calories	424	*120*	*544*
Total Fat (g)	10	*2*	*12*
Saturated Fat (g)	**3**	***0***	***3***
Cholesterol (mg)	**80**	***0***	***80***
Sodium (mg)	**358**	***240***	***598***
Carbs (g)	**40**	***23***	***63***
Fiber	5	*0*	*5*
Sugar	11	*3*	*14*
Protein (g)	31	*4*	*35*

Meal Formula by Food Groups

P	FC	SC	SC	FC	SC	F
Meat	***Starch***	***Vegetable***	***Fruit***	***Dairy***	***Legumes***	***Fat***
4	3	3				1

MM

4 Carb Count

6 HH Score

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