



2.3



Comfort in a bowl! Salisbury Steak, creamy mashed potatoes, and gravy for added goodness.

Salisbury Steak and Mashed Potato Bowl PREP

Serving Size 1 Serving **Carbs: 23.60**

Served on Wed, 04/26/2023

Allergens



Corn



Soy

Nutrients

Calories	220.28
Carbohydrate (gm)	23.60
Fiber (gm)	2.62
Total Fat (gm)	7.08
Saturated Fat (gm)	2.86
Protein (gm)	14.90

Ingredients

- soy protein concentrate
- caramel color
- DEHYDRATED ONION
- spices including mustard
- whey powder
- toasted onion powder
- garlic powder
- sugar
- modified corn starch
- Ground beef



Disclaimer

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