



# BEEF/PORK NUTRITION FACTS

## FLANK STEAK

### Nutrition Facts

Serving Size: 1-4oz Cut Servings Per Container: 1

Calories 203		
	Amount per Serving	%Daily Value*
<b>Total Fat</b>	<b>12g</b>	
Sat. Fat	5g	
<b>Cholesterol</b>	<b>59mg</b>	
<b>Sodium</b>	<b>80g</b>	
<b>Total Carbs.</b>	<b>0g</b>	
Dietary Fiber	0g	
Sugars	0g	
<b>Protein</b>	<b>28g</b>	

\*Percent Daily Values (%DV) are based on a 2,000 calorie diet. †Daily Value not established

### Nutrition Facts

Serving Size: 1-6 oz Cut Servings Per Container: 1

Calories 306		
	Amount per Serving	%Daily Value*
<b>Total Fat</b>	<b>18g</b>	
Sat. Fat	6g	
<b>Cholesterol</b>	<b>90mg</b>	
<b>Sodium</b>	<b>120mg</b>	
<b>Total Carbs.</b>	<b>0g</b>	
Dietary Fiber	0g	
Sugars	0g	
<b>Protein</b>	<b>42g</b>	

\*Percent Daily Values (%DV) are based on a 2,000 calorie diet. †Daily Value not established

### Nutrition Facts

Serving Size: 1-8oz Cut Servings Per Container: 1

Calories 406		
	Amount per Serving	%Daily Value*
<b>Total Fat</b>	<b>24g</b>	
Sat. Fat	10g	
<b>Cholesterol</b>	<b>118mg</b>	
<b>Sodium</b>	<b>160mg</b>	
<b>Total Carbs.</b>	<b>0g</b>	
Dietary Fiber	0g	
Sugars	0g	
<b>Protein</b>	<b>56g</b>	

\*Percent Daily Values (%DV) are based on a 2,000 calorie diet. †Daily Value not established