

# Western Style Chopped Country Fried Steak with Black Pepper



**Item #:** 12931    **Pieces Per Case:** 30    **Piece Size (oz.):** 5.33    **Case Weight (lb.):** 10.00

**Product Source:** ROSS

**Description:** A chopped country fried steak with a twist. Coarse black pepper in the breading adds flavor and a different look. Natural shape.

**Technical Label Name:** Beef Steak Fritters Chopped and Formed

**Packaging Type:** BULK-LINER

**Master Case UPC Code:** 00880760004834

**Master Case Length:** 17.50000

**Master Case Width:** 12.56250

**Master Case Height:** 4.87500

**Master Case Cube:** 0.62020

**Cases/Layer:** 8

**Cases/Pallet:** 72

**Layers/Pallet:** 9

**Package UPC Code:** 880760004834

**Frozen Shelf Life (days):** 365

**Refrigerated Shelf Life (days):** 0

**Preparation Method:**

**Deep Fryer:** Preheat oil to 350 degrees F. Place frozen product in oil with heavy breading side face down and cook frozen product for 3 1/2 minutes or until internal temperature reaches 165 degrees F.

**Flat Grill:** Add a small amount of oil to the medium heat section of the grill (350 degrees F); cook frozen product for 3-4 minutes on each side or until internal temperature reaches 165 degrees F, turning frequently to avoid burning the breading.

**Ingredient Statement:** INGREDIENTS: Beef, Salt, Sodium Phosphate. Breading With: Enriched Bleached Wheat Flour (Enriched with Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Spices, Salt, Leavening (Sodium Aluminum Phosphate, Sodium Bicarbonate), Yeast, Partially Hydrogenated Soybean Oil, Onion Powder. Battered with: Water, Enriched Wheat Flour (Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Wheat Starch, Wheat Flour, Salt, Buttermilk Blend (Buttermilk, Whey), Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Corn Starch, Monocalcium Phosphate), Spice. CONTAINS: Milk, Wheat

**CN Equivalency Statement:** 12931

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**Nutrition Facts:**

**Serving Size: 5.33 OZ (149 g)**  
**Servings Per Container: 30**

Calories / Calories from Fat: 420 / 250  
% Daily Value \*\*

Total Fat	27 g	42%
Saturated Fat	11 g	55%
Trans Fat	0 g	
Cholesterol	65 mg	22%
Sodium	940 mg	39%
Total Carbohydrate	25 g	8%
Dietary Fiber	1 g	4%
Sugars	0 g	
Protein	18 g	
Vitamin A		0%
Vitamin C		0%
Calcium		2%
Iron		20%

\*\* Percent Daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

## Nutritional Data:

Name	UoM	Per Serving	Per 100g
Calcium	mg	20.6	13.8
Calories	kcal	422.9	283.4
Calories from Fat	kcal	246.3	165.1
Cholesterol	mg	64.6	43.3
Dietary Fiber	g	1.1	0.7
Iron	mg	3.3	2.2
Protein	g	17.9	12.0
Saturated Fat	g	11.1	7.4
Serving Size	g	149.2	100.0
Sodium	mg	940.2	630.0
Sugars	g	0.4	0.3
Total Carbohydrate	g	24.9	16.6
Total Fat	g	27.3	18.3
Trans Fat	g	0.1	0.0
Vitamin A	IU	4.5	3.0
Vitamin C	mg	0.2	0.1