

# SEASONED BEEF STEAK



|               |                        |                |                  |
|---------------|------------------------|----------------|------------------|
| Servings:     | 1.00                   | Category:      | Entree           |
| Serving Size: | 3.00 Ounce             | HACCP Process: | Same Day Service |
| Meal Type:    | Lunch                  | Recipe ID:     | R-40976          |
| School:       | Manchester High School |                |                  |

## Ingredients

| Description       | Measurement | Prep Instructions | DistPart # |
|-------------------|-------------|-------------------|------------|
| BEEF STK PHLL CKD | 3 Ounce     |                   | 710831     |

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 1.500 |
| <b>Grain</b>    | 0.000 |
| <b>Fruit</b>    | 0.000 |
| <b>GreenVeg</b> | 0.000 |
| <b>RedVeg</b>   | 0.000 |
| <b>OtherVeg</b> | 0.000 |
| <b>Legumes</b>  | 0.000 |
| <b>Starch</b>   | 0.000 |

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.00 Ounce

| Amount Per Serving   |         |                  |        |
|----------------------|---------|------------------|--------|
| <b>Calories</b>      |         | 120.00           |        |
| <b>Fat</b>           |         | 7.50g            |        |
| <b>SaturatedFat</b>  |         | 3.00g            |        |
| <b>Trans Fat*</b>    |         | 0.00g            |        |
| <b>Cholesterol</b>   |         | 30.00mg          |        |
| <b>Sodium</b>        |         | 645.00mg         |        |
| <b>Carbohydrates</b> |         | 1.50g            |        |
| <b>Fiber</b>         |         | 0.00g            |        |
| <b>Sugar</b>         |         | 1.50g            |        |
| <b>Protein</b>       |         | 10.50g           |        |
| <b>Vitamin A</b>     | 0.00IU  | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 30.00mg | <b>Iron</b>      | 1.08mg |

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

|                      |         |                  |        |
|----------------------|---------|------------------|--------|
| <b>Calories</b>      |         | 141.10           |        |
| <b>Fat</b>           |         | 8.82g            |        |
| <b>SaturatedFat</b>  |         | 3.53g            |        |
| <b>Trans Fat*</b>    |         | 0.00g            |        |
| <b>Cholesterol</b>   |         | 35.27mg          |        |
| <b>Sodium</b>        |         | 758.39mg         |        |
| <b>Carbohydrates</b> |         | 1.76g            |        |
| <b>Fiber</b>         |         | 0.00g            |        |
| <b>Sugar</b>         |         | 1.76g            |        |
| <b>Protein</b>       |         | 12.35g           |        |
| <b>Vitamin A</b>     | 0.00IU  | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 35.27mg | <b>Iron</b>      | 1.27mg |

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