MEYER

1202050 - **Flank Steak**

Excel's Flank Steak is the flat muscle (rectus abdominus) embedded in the inside of the cod, at the udder end of the primal flank which is located in the primal, flat cut loin.

Nutrition Facts

Servings per Container	**24**
Serving size	**4.0OZ (4oz)**
Amount per serving	
Calories	**200**
	% Daily Value*
Total Fat 12g	**18%**
Saturated Fat 5g	**25%**
Trans Fat	
Cholesterol 60mg	**20%**
Sodium 80mg	**3%**
Total Carbohydrate 0g	**0%**
Dietary Fiber 0g	**0%**
Total Sugars 0g	
Includes 0g Added Sugar	**0%**
Protein 22g	
Vitamin D 0mcg	**0%**
Calcium 0mg	**0%**
Iron 1mg	**6%**
Potassium 0mg	**0%**

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Benefits

Excel's Flank Steak is the flat muscle (rectus abdominus) embedded in the inside of the cod, at the udder end of the primal flank which is located in the primal, flat cut loin.
The Meyer Company Ranch is the largest working ranch in the Blackfoot River Valley of western Montana. Bob Meyer purchased the land to fulfill his dream of raising the highest quality natural beef on one of America's most beautiful landscapes. This deep devotion to excellence drives our team to deliver the absolute best products available each day.

Ingredients

angus beef flank steak

Allergens

Free From:

crustaceans, eggs, fish, milk, peanuts, soy, tree nuts, wheat

Handling Suggestions

keep refrigerated or frozen

Serving Suggestions

https://meyermarket.com/pages/recipes?searchtext=beef

Prep & Cooking Suggestions

https://meyermarket.com/pages/how-to

Product Specifications

Brand	Manufacturer	Product Category
MEYER	Meyer Natural Foods	Beef

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
228749161756	#032193-09	1202050	90028749161755		6/6 LB

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
37.9lb	35lb	United States	No	

Shipping Information						
Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
23.56in	15.69in	7.44in	1.59ft3	6x6	21days	35°F / 37°F

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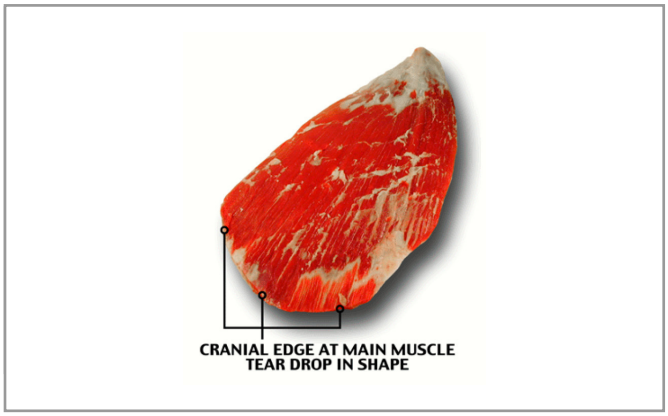
Nutrition Analysis - By Measure

Calories	200	Total Fat	12g	Sodium	80mg
Protein	22	Trans Fats		Calcium	0mg
Total Carbohydrates•••	0g	Saturated Fat	5g	Iron	1mg
Sugars	0g	Added Sugars	0g	Potassium	0mg
Dietary Fiber	0g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	60mg		
Vitamin A(IU)•		Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12•	
Monosodium		Sulphites		Nitrates	

Additional Images



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