



ROCHESTER

00067608 - Beef, Stk Flat Iron 8 Oz

Our 1904 Flat Iron USDA Choice Seasoned Steaks deliver exceptional quality, juiciness, and flavor. Pre-seasoned for perfect taste, these steaks are easy to cook simply thaw and grill on a flat, outdoor, or char grill. Their versatility makes them ideal for breakfast, lunch, or dinner, and they can easily replace Skirt and Flank Steaks with less waste. Cut using automatic portioning equipment, they ensure consistent sizing and portion control. Produced in an SQF Certified facility, they adhere to strict HACCP and USDA regulations, guaranteeing the highest safety and quality standards.



NICHOLAS
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Nutrition Facts

Servings per Container	1
Serving size	100g
Amount per serving	
Calories	140
% Daily Value*	
Total Fat 7g	10%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 250mg	11%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugar	0%
Protein 17g	
Vitamin D 0mcg	0%
Calcium 9mg	1%
Iron 1.8mg	10%
Potassium 280mg	6%

* 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

NAMP# 1114D

Ingredients

Beef, Water, Salt, Dextrose, Sodium Phosphate

Allergens

Free From:

- crustaceans
- shellfish
- mollusks
- eggs
- fish
- milk
- peanuts
- sesame
- soy
- tree nuts
- wheat

Handling Suggestions

Product should be stored between -10 and 10 degrees F

Serving Suggestions

Versatile to use for many menu applications for breakfast, lunch, and dinner! Serve: As center of the plate steak dinner with potatoes and a vegetable. With caramelized onions or sauted mushrooms. With Bleu cheese or horseradish sauce. With caramelized onions or sauted mushrooms. With your signature seasoning or any steak seasoning. As a breakfast steak. As a steak sandwich. Sliced for salads. Sliced for fajitas. Sliced for stir fries. Cut into cubes for shish kabobs.

Prep & Cooking Suggestions

Fully thaw product before cooking. Preheat gas grill to high (475 F-525 F) Cook the following steak sizes for the time indicated until the cooked steak reaches 145 F degrees internal temperature, as measured with a meat thermometer. Allow the product to rest for 3 minutes before serving. Cook times may vary, dependent upon equipment. Size (Thickness), Cooking time (first side/After turning): 1/2-4 min./2 min.; 3/4-5 min./3 min.; 1-7 min./6 min.; 1 1/2-9 min./8min.

Product Specifications

Brand	Manufacturer
ROCHESTER	BIH-ROCHESTER MN

MFG #	SPC #	GTIN	Pack	Pack Desc.
80480	00067608	10012724804809	20	20 / 1 / 8.0 ONZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
11lb	10lb	USA		No

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
16.25in	11.75in	3.5in	0.39ft3	9x9	270DAYS	-10°F / 10°F



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Nutrition Analysis - By Serving

Calories	140	Total Fat	7g	Sodium	250mg
Protein	17	Trans Fats	0g	Calcium	9mg
Total Carbohydrates...	0g	Saturated Fat	3g	Iron	1.8mg
Sugars	0g	Added Sugars	0g	Potassium	280mg
Dietary Fiber	0g	Polyunsaturated Fat	0g	Zinc	0
Lactose		Monounsaturated Fat	0g	Phosphorus	
Sucrose		Cholesterol	55mg		
Vitamin A(IU)•	0	Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C	0mg	Folate	0mg	Riboflavin	0mg
Magnesium		Vitamin B-6		Vitamin B-12•	
Monosodium		Sulphites		Nitrates	

Additional Images

