

#### HORMEL 209783 - Beef Flank Steak Fire Braised

Natural shaped and uniquely prepared flank steak gives you convenience and consistency, so you can use your creativity and offer a perfect addition to any menu. Saves time and labor. Cooked to medium rare.



	Nutrition FactsServings per Container11Serving size30z (84g)			
	and the same	Amount per serving Calories	140	
	% Daily Value*			
	and the state of t	Total Fat 8g	10%	
		Saturated Fat 4g	20%	
	Trans Fat 0.5g			
		Cholesterol 50mg	17%	
<b>★</b> Benefits		Sodium 330mg	14%	
		Total Carbohydrate Og	0%	
you can use your creativity and offer a perfect	eak gives you convenience and consistency, so addition to any menu.	Dietary Fiber 0g	0%	
NO ARTIFICIAL INGREDIENTS Keep Frozen Perfect for salads, sandwiches, entrees, and any place a steak would be served on the menu.		Total Sugars 0g		
Perfect for salads, sandwicnes, entrees, and an	ly place a steak would be served on the menu.	Includes 0g Added Sugar	0%	
Ingredients	Allergens	Protein 18g		
		Vitamin D 0mcg	0%	
CONTAINING UP TO 15% OF A	Free From:	Calcium 0mg	0%	
SOLUTION++ ++Solution Ingredients: Water,	crustaceans () shellfish () mollusks	Iron 1.1mg	6%	
Salt, Beef Stock, Natural	O eggs () fish () milk () peanuts	Potassium 190mg	4%	
Flavoring.	💮 sesame 🛞 soy 💮 tree nuts 🌘 wheat	* 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.		

#### Handling Suggestions

RECOMMENDED TEMPERATURE: 0F. MINIMUM TEMPERATURE: -20F. MAXIMUM TEMPERATURE: 10F. STORAGE: KEEP FROZEN.

Serving Suggestions

Perfect for salads, sandwiches, entrees, and any place a steak would be served on the menu.

## Prep & Cooking Suggestions

HEATING DIRECTIONS

FOR BEST RESULTS, PREPARE FROM THAWED STATE

CHAR-GRILL : Heat grill to HIGH heat. Place flank steak directly on grill. Grill for 10 minutes, or until warm, turning once (approximately 5 minutes per side). To serve, slice meat, across the grain, as desired.

CONVECTION OVEN: Heat oven to 350F. Place flank steak on a sheet pan. Heat, uncovered for 15-20 minutes or until warm. To serve, slice meat, across the grain, as desired.

# Product Specifications

Brand				Manufacturer				
HORMEL				Hormel Foods Corporation				
MFG #	ŧ	SPC #		GTIN			Pack	Pack Desc.
84117	7	209783	9003	0037600841170			4	4 / 1 / cs
Gross W	Gross Weight Net Weight		ght Co	Country of Origin		Kosher		Child Nutrition
9.98lb 8.		8.78lb	)	USA				No
Shipping Information								
Length	Width	Height	Volume	TIxHI	Shelf L	ife Storage Temp From/To		
16.56in	10.5in	4.25in	0.43ft3	10x9	365DA	DAYS -20°F / 10°F		





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Nutrition Analysis - By Serving

Calories	140	Total Fat	8g	Sodium	330mg
Protein	18	Trans Fats	0.5g	Calcium	0mg
Total Carbohydrates…	Og	Saturated Fat	4g	Iron	1.1mg
Sugars	Og	Added Sugars	Og	Potassium	190mg
Dietary Fiber	Og	Polyunsaturated Fat	Og	Zinc	0
Lactose		Monounsaturated Fat	Og	Phosphorus	
Sucrose		Cholesterol	50mg		
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-1 2•	
Monosodium		Sulphites		Nitrates	

Additional Images



