

HOLTEN 221002 - Beef Steak Flat Iron 8 Oz

A terrific choice for operators looking for a lower cost premium steak that still maintains quality, juiciness, and taste! USDA Choice. Preseasoned for a unique flavor profile and to maintain flavor and juiciness in every bite. Easy to cook - just thaw and put on grill. Performs well under multiple cooking methods flat grill, outdoor grill, or char grill. Extremely versatile, with applications for breakfast, lunch, and supper. Can be used to replace Skirt and Flank Steaks in numerous recipes with less waste. Steaks are cut on automatic portioning equipment for better quality and consistent sizing making pricing and menu planning easy. Made in a SQF Food Safety and Quality Codes Certified facility!



	Nutrition Facts			
	Servings per Container 1 Serving size 100g			
	Amount per serving Calories	140		
		aily Value*		
	U	24%		
		15%		
The second second	Trans Fat 2.24g			
	Cholesterol 55mg	18%		
	Sodium 250mg	11%		
	Total Carbohydrate Og	0%		
	Dietary Fiber 0g	0%		
	Total Sugars 0g			
	Includes Added Sugar	%		
Allergens	Protein 17g			
	Vitamin D	%		
	Calcium 0mg	0%		
	Iron 2mg	11%		
	Potassium	%		
ျဖို့ရှိ soy (ကြာ) tree nuts (န္တာ) wheat				
	Free From:	Servings per Container Serving size Amount per serving Calories Mont Saturated Fat 3g Trans Fat 2.24g Cholesterol 55mg Sodium 250mg Total Carbohydrate 0g Dietary Fiber 0g Total Sugars 0g Includes Added Sugar Protein 17g Vitamin D Calcium Omg Iron 2mg Potassium The % Daily Value (DV) tells you how muc a serving of food contributes to a daily diet		

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			Pro	Product Category		
HOLTEN		BRAND		NG IRON/HOLTEN		Beef, Steaks		
MFG #	0	SPC #		GTIN	Pack	Pack Desc.		
80480	2	221002		10079821804804	20	20/8 OZ		
Gross Weight I		Net Weight		Country of Origin	Kosher	Child Nutrition		
11lb		10lb		USA		No		
Shipping Information								

Shipping Information								
Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To		
17in	11.5in	4in	0.45ft3	9x6	360DAYS	0°F / 32°F		



HOLTEN 221002 - Beef Steak Flat Iron 8 Oz



A terrific choice for operators looking for a lower cost premium steak that still maintains quality, juiciness, and taste! USDA Choice. Preseasoned for a unique flavor profile and to maintain flavor and juiciness in every bite. Easy to cook - just thaw and put on grill. Performs well under multiple cooking methods flat grill, outdoor grill, or char grill. Extremely versatile, with applications for breakfast, lunch, and supper. Can be used to replace Skirt and Flank Steaks in numerous recipes with less waste. Steaks are cut on automatic portioning equipment for better quality and consistent sizing making pricing and menu planning easy. Made in a SQF Food Safety and Quality Codes Certified facility!

Nutrition Analysis - By Serving

Calories	140	Total Fat	7g	Sodium	250mg
Protein	17			Calcium	0mg
Total Carbohydrates…	Og	Saturated Fat 3g Iron		2mg	
Sugars	Og	Added Sugars		Potassium	
Dietary Fiber	Og	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	55mg		
Vitamin A(IU)•	0	Vitamin D		Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C	0mg	Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2•	
Monosodium		Sulphites		Nitrates	

Additional Images



