Excel

450076 - Beef Chuck Flat, Boneless, USDA Choice

Excel's Chuck Flat is the remaining boneless lip extension of the Chuck Eye up to but not including the Chuck Short-rib. The product is rectangular in shape and must be minimum 2.5 inches and maximum of 5 inches wide. The surface fat is trimmed to the blue tissue leaving flakes of fat not to exceed 1/8 inch.

MARKETING 📢

Vacuum sealed for extended shelf life, freshness and food safety.. USDA Certified. Consistent product quality, flavor and texture.

Nutrition Facts

280 Servings per container

Serving Size	**4 oz. (112g)**

Amount Per Serving

Calories 270

	% Daily Value*
Total Fat 20	**32%**
Saturated Fat 8 g	**41%**
Trans Fat	
Cholesterol 75 mg	**25%**
Sodium 65 mg	**3%**
Total Carbohydrates 0 g	**0%**
Dietary Fiber 0 g	**0%**
Total Sugars 0 g	
Includes Added Sugars	**%**
Protein 21 g	

Vitamin D	%
Calcium	0%
Iron	15%
Potassium	%

* The % Daily Values (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.

PRODUCT SPECIFICATIONS 🔍

Code	Dist Prod Code	GTIN	Calculated Pack
11523	450076	90028749115239	Vacuum packed 4 pieces per bag, 9 bags per box.

Brand	Brand Owner	GPC Description
Excel	Cargill Incorporated/ Beef	Beef - Unprepared/Unprocessed

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
70.7 LBR	68.1 LBR	Yes	United States	Undeclared	No

Shipping						
Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
23.188 INH	15.813 INH	9.313 INH	1.976 FTQ	5x7	42 Days	26 FAH / 38 FAH

HANDLING SUGGESTIONS

Keep Refrigerated

SERVING SUGGESTIONS

USDA Choice beef has less marbling than prime, but still provides a very tender, juicy, and flavorful cut. Very versatile, it can be dry cooked through grilling and roasting or enhance the tenderness by braising or simmering with a small amount of liquid.

PREPARATION & COOKING SUGGESTIONS

Cook to an internal temperature of 145F to 160F, as measured by a meat thermometer, following preferred cooking method. Let rest for 5 minutes before serving.

INGREDIENTS ☰

Beef

ALLERGENS ⚠

C = 'Contains' ; *MC* = 'May Contain' ; *N* = 'Free From' ; *UN* = 'Undeclared' ; *30* = 'Free From Not Tested'; *50* = 'Derived from Ingredients' ; *60* = 'Not Derived From Ingredients' ; *NI* = 'No Info'

Milk - N	Peanuts - N
Eggs - N	Tree - N
Soybean - N	Fish - N
Wheat - N	Shellfish - NI
Sesame - N	Crustaceans - N
Mustard - N	

MORE INFORMATION ⊕

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NUTRITIONAL ANALYSIS

Calories	270	**Total Fat**	20	**Sodium**	65 mg
Protein	21 g	**Trans Fat**		**Calcium**	
Total Carbohydrates	0 g	**Saturated Fat**	8 g	**Iron**	
Sugars	0 g	**Added Sugars**		**Potassium**	
Dietary Fiber	0 g	**Polyunsaturated Fat**		**Zinc**	
Lactose		**Monounsaturated Fat**		**Phosphorus**	
Sucrose		**Cholesterol**	75 mg		
Vitamin A (IU)		**Vitamin D**		**Thiamin**	
Vitamin A (RE)		**Vitamin E**		**Niacin**	
Vitamin C		**Folate**		**Riboflavin**	
Magnesium		**Vitamin B-6**		**Vitamin B-12**	
Monosodium		**Sulphites**		**Nitrates**	

NUTRITIONAL CLAIMS