

450143 - ibp Trusted Excellence® Boneless Beef Flank Steak

Our ibp Trusted Excellence® Boneless Beef Flank Steak is lean with lots of intense beef flavor. Flank steak is best when marinated and grilled or sliced thin and stir-fried. Flank steak is great for Moo Shu Beef, fajitas, skewers, or steak wraps. One tip for cooking flank steak is to slice beef across the grain.



MARKETING

ibp Trusted Excellence® brand. Expert service. On-time delivery. Consistent quality. Reliable

PRODUCT SPECIFICATIONS

Code	Dist Prod Code	GTIN	Calculated Pack
D5157AT	450143	90027182033308	2/19.3 LBR TARGET

Brand	Brand Owner	GPC Description
IBP	Tyson Foods Inc.	Beef - Unprepared/Unprocessed

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
20.4 LBR	19.3 LBR	Yes	United States	Undeclared	No

Shipping						
Length	Width	Height	Volume	Tlx/Hi	Shelf Life	Storage Temp From/To
23.5 INH	9.75 INH	4 INH	0.5304 FTQ	8x8	28 Days	28 FAH / 34 FAH

HANDLING SUGGESTIONS

Refrigerated

SERVING SUGGESTIONS

Cut flank steak diagonally across the grain into 1/4-inch thick strips. Marinate and thread onto skewers. Grill and serve with grilled vegetables. Cook to an internal temperature of 140°F. Let beef rest for 5 minutes before serving.

Nutrition Facts

Servings per container
Serving Size 4.00 OZ SERVING, Servings Per Container

Amount Per Serving	% Daily Value*
Calories	180
Total Fat 8 14%	
Saturated Fat 4 g 19%	
Trans Fat	
Cholesterol 75 mg 25%	
Sodium 60 mg 3%	
Total Carbohydrates 0 g 0%	
Dietary Fiber %	
Total Sugars	
Includes Added Sugars %	
Protein 24 g	
Vitamin D	%
Calcium	%
Iron	%
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.

INGREDIENTS

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 - 30
- Eggs - 30
- Soybean - 30
- Wheat - 30
- Sesame - 30
- Peanuts - 30
- Tree - 30
- Fish - 30
- Shellfish - NI
- Crustaceans - 30

MORE INFORMATION

PREPARATION & COOKING SUGGESTIONS

COLOR IS NOT AN ACCURATE INDICATOR OF FINAL COOKED TEMPERATURE. ENSURE INTERNAL TEMPERATURE REACHES 145 F FOR 3 MINUTES.

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NUTRITIONAL ANALYSIS

Calories	180
Protein	24 g
Total Carbohydrates	0 g
Sugars	
Dietary Fiber	
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	8
Trans Fat	
Saturated Fat	4 g
Added Sugars	
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	75 mg
Vitamin D	
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	60 mg
Calcium	
Iron	
Potassium	
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

NUTRITIONAL CLAIMS