

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	2/9.65 LB TARGET			
Brand		Brand Owner	GPC Description			
Ibp Trusted Excellence		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	TlxHI	Shelf Life	Storage Temp From/To
23.5000 INH	9.7500 INH	4.0000 INH	0.5304 FTQ	8x8	28 Days	28 FAH / 34 FAH
Traceability Regulation						
Regulation Type Code	Regulatory Act	Trade Item Regulation Compliant	Regulation Restrictions and Descriptors			
TRACEABILITY_REGULATION	FSMA204	NOT_APPLICABLE	NOT_COVERED_BY_FTL			

**HANDLING SUGGESTIONS**

Refrigerated

- 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

## Nutrition Facts

1 Servings per container

Serving Size 4.00 OZ SERVING, Servings Per Container

Amount Per Serving	
Calories	180
% Daily Value*	
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	10%
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

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### PREPARATION & COOKING SUGGESTIONS

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

### 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.

### MORE INFORMATION

### 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

### MORE IMAGES

