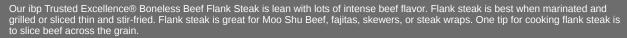
450143 - ibp Trusted Excellence® Boneless Beef Flank Steak







MARKETING

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

Nutrition Facts

Servings per container

Serving Size 4.00 OZ SERVING, Servings Per Container

Amount Per Servin	g
Calories	

100

	% 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	%
Barrier and the second	0/

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	
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	TIxHI	Shelf Life	Storage Temp From/To
23.5 INH	9.75 INH	4 INH	0.5304 FTQ	8x8	28 Days	28 FAH / 34 FAH

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'



Peanuts - 30



Tree Nuts - 30



Refrigerated

(SO) Fish - 30



Shellfish - NI

(%) Sesame - 30

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.

INGREDIENTS

INGREDIENTS: BEEF

HANDLING SUGGESTIONS



PREPARATION & COOKING SUGGESTIONS

COLOR IS NOT AN ACCURATE INDICATOR OF FINAL COOKED TEMPERATURE. ENSURE

INTERNAL TEMPERATURE REACHES 145 F FOR 3 MINUTES.

MORE INFORMATION



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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.

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

(!)