Nutrition Facts
Serving Size 3 oz. (84g)
Servings per Container Varied

Amount Per Serving
Calories 220
Calories from Fat 120

% Daily Value*
Total Fat 14g 21%
Saturated Fat 5g 25%
Cholesterol 80mg 26%
Sodium 380mg 16%
Total Carbohydrate less than 1g 0%
Protein 21g

Vitamin A 4% • Calcium 4% • Iron 8%

Not a significant source of dietary fiber, sugars, vitamin C.

*Percent Daily Values are based on a 2,000 calorie diet.

Ingredients: Pork Steak, Salt, Black Pepper, Paprika, Cayenne Pepper, Garlic.

Nutritional Facts
SOUTHSIDE MARKET

Pork Steaks

Heating Instructions
All meat should be thawed completely before heating.
Cooking times/temperatures may vary depending on your equipment.
When using microwave oven, always cover meat with a paper towel and place on a microwave safe plate.

PORK STEAK
• BBQ Pit/Grill - Place on BBQ pit/grill over indirect heat until internal temperature reaches 165°
• Conventional Oven - Wrap in foil and place in a 350° for 20 - 30 minutes or until internal temperature reaches 165°
• Convection Oven - Wrap in foil and place in a 325° oven for 15 - 20 minutes or until internal temperature reaches 165°
• Microwave Oven – Heat each steak 2 minutes. Turn over half way through cooking process.