

NUTRITIONAL FACTS

SOUTHSIDE MARKET

Pork Steaks

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.

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.