

NUTRITIONAL FACTS

ALEX GUARNASCHELLI

Sous Vide Sirloin Steaks

Nutrition Facts

9 servings per container	
Serving size	1 steak (142g)
Amount per serving	
Calories	260
% Daily Value*	
Total Fat 11g	15%
Saturated Fat 4g	19%
Trans Fat 0g	
Cholesterol 105mg	35%
Sodium 900mg	39%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 37g	
Vitamin D mcg 0%	Calcium 10mg 0%
Iron 3.6mg 20%	Potassium 530mg 10%

* 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: Beef sirloin, Seasoning (salt, pepper)

Reheating Instructions:

Oven – Preheat oven to 400°F. Remove from packaging and place on a baking sheet, pour any liquid from the package over the steaks. Heat for 10 minutes for Rare, 12 Minutes for Medium Rare, 14 Minutes Medium, 16 minutes for Medium Well.

Grill – Preheat grill to Medium/ High heat. Remove from packaging 2 minutes each side for rare, 3 minutes each side for Medium Rare well, 4 minutes each side for medium, 5 medium well. You may use any liquid from the packaging to pour over steak while they are on the grill.

Ingredients: Beef Sirloin, Sea Salt & Pepper.