

NUTRITIONAL FACTS

RASTELLI

(8) 6 oz. Sous Vide Seasoned Flank Steaks

Preparation Instructions: Defrost Steak overnight in refrigerator. When ready to cook remove from package. **Grill:** Preheat grill to medium at 400F. Remove steak from package. Place Sirloin Cap Steak on grill and cook for 2-3 minutes. Flip and cook another 2-3 minutes. Remove and let rest for 1 minute. **Skillet:** Preheat skillet on stove to medium. Add a drop of oil to your pan. Remove steak from package. Place steak into hot pan, sear for 2-3 minutes per side. Remove and let rest for 1 minute. **Air Fryer:** Pre-heat air fryer to 400F. Remove steak from package. Place into air fryer, cook for 3 to 5 minutes. Remove, and let rest for 1 minute. Times may vary depending on your air fryer.

**Note: Heating times may vary; always use an instant read meat thermometer to check temperature. Cook steak until internal temperature of 145F for medium doneness. **

Nutrition Facts	
1 serving per container	
Serving size	6 oz. (1361g)
Amount Per Serving	
Calories	260
% Daily Value*	
Total Fat 11g	14%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 115mg	38%
Sodium 650mg	28%
Total Carbohydrate <1g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 37g	
Vitamin D 0.1mcg	0%
Calcium 50mg	4%
Iron 2.9mg	15%
Potassium 590mg	15%
<small>* The % Daily Value (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.</small>	

Ingredients: Beef, Salt, Black Pepper, Dehydrated Onion, Tricalcium Phosphate (Prevents Caking) Garlic Oil.