

NUTRITIONAL FACTS

RASTELLI

(6) 8 oz. Black Angus NY Strip 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, rub steak with cooking oil, and season as desired. Place steak on grill and cook for 4-5 minutes. Flip and cook for another 4-5 minutes. Remove and let rest for 1 minute. **Skillet:** Preheat skillet on stovetop to medium high heat. Add a drop of cooking oil to your pan. Season steak as desired and place steak into hot pan. Sear for 4-5 minutes per side. Remove and let rest for 1 minute. **Air Fryer:** Pre-heat air fryer to 400F. Rub steak with cooking oil and season as desired. Place into air fryer, cook for 4 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	
Serving Size: 8 oz (227g)	
Servings Per Container: 6	
Amount Per Serving	
Calories 550	Calories from Fat 370
% Daily Value*	
Total Fat 41g	63%
Saturated Fat 17g	85%
Trans Fat 0g	
Cholesterol 150mg	50%
Sodium 130mg	5%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 42g	
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 25%
* Percent Daily Values are based on a 2,000 calorie diet.	

Ingredients: Beef