

BLACK ANGUS BEEF FILET MEDALLIONS 2oz

Nutrition Facts	
10 servings per container	
Serving size	1 portion (57g/2oz)
Amount per serving	
Calories	90
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 1.5g	7%
<i>Trans Fat</i> 0g	
Cholesterol 40mg	13%
Sodium 30mg	1%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 13g	
Vitamin D 0mcg (0 IU) 0% • Calcium 20mg 0%	
Iron 0.9mg 6%	• Potassium 190mg 4%
* 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.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Ingredients: Beef

Preparation Instructions: For best results thaw under refrigeration. Use within 5 - 7 days. Cook steak according to a meat thermometer rather than a time table. Remove steaks from grill, pan, or oven 5 degrees before desired doneness. Let steak rest 5-10 minutes before serving.

Medium - 140 - 145 degrees

Medium Well - 150 - 160 degrees

Well - 160 - 170 degrees