

NUTRITIONAL FACTS

Wellington's Best Foods

Cooking Instructions

The "ideal" way to cook our steaks, to maximize taste and flavor, and to bring out the juices for your eating pleasure: Place steak on grill medium heat, cook for approximately one minute and turn. After turning, chip steak by holding with one spatula and pushing off or "chipping" with a second spatula. Let cook another minute. Place your favorite cheese on top to melt and add onions or peppers or mushrooms and cover with a hinged, crusty roll. When cooked, lift with spatula and turn over onto roll.

Serving Suggestions

- Philly Cheese Steak
- French Dip Sandwich
- Fajitas
- Stir Fry
- Steak Salad
- BBQ Sandwich
- Steak Sub
- Pizza Steak
- Steak'n Eggs
- Sloppy Joes
- Beef Taco Casserole
- Pita Steak
- Mushroom Steak
- Steak with Onions
- Pepper Steak
- Swiss and Butter Steak

Nutrition Facts

Serving Size 4oz (113g)
Servings per container 20

Amount Per Serving

Calories 110 Calories From Fat 30

% Daily Value*

Total Fat 3.5g **5%**
Saturated Fat 1.5g **8%**
Trans Fat 0g **0%**
Cholesterol 45mg **14%**
Sodium 340mg **14%**
Total Carbohydrate 1g **0%**
Dietary Fiber 0g **0%**
Sugars Less than 1g

Protein 19g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories:	2,000	2,500
Total Fat	Less Than 65g	80g
Sat Fat	Less Than 20g	25g
Cholesterol	Less Than 300mg	300mg
Sodium	Less Than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:

Fat 9 Carbohydrate 4 Protein 4



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Serving Suggestions

- Philly Chicken Cheese Steak
- Chicken Tacos
- Chicken Steak Fajitas
- Pita Chicken Steaks
- Chicken Stir Fry
- Mushroom Chicken Steak
- Chicken Steak Salad
- Chicken Caesar Salad
- BBQ Chicken Sandwich
- Chicken Steak with Onions
- Chicken Steak Sub
- Chicken Parmesan Sandwich



Nutrition Facts

Serving Size 4oz (113g)
Servings per container 20

Amount Per Serving

Calories 130 Calories From Fat 50

% Daily Value*

Total Fat 5g **8%**
Saturated Fat 1.5g **9%**
Trans Fat 0g **0%**
Cholesterol 70mg **23%**
Sodium 380mg **16%**
Total Carbohydrate 0g **0%**
Dietary Fiber 0g **0%**
Sugars 0g

Protein 19g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 2%

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