

Flat Iron Steak

Signature Black Angus flat iron steak with Portabella sauce.
Served with baked potato and vegetable medley



WIMS CODE # 26525

Allergens: Milk, wheat

Flat Iron Steak with Baked Potato And Vegetables		
Nutrition Facts		
Serving size 1 meal (639 g)		
Servings per container 1		
Amount per serving		
Calories 640		
Calories from fat 150		
		% Daily Value *
Total fat 17 g		25%
Saturated fat 5 g		27%
Trans fat 2 g		
Cholesterol 130 mg		44%
Sodium 810 mg		34%
Total carbohydrates 72 g		24%
Dietary fiber 9 g		36%
Sugars 7 g		
Protein 47 g		
Vitamin A 25%	•	Vitamin C 70%
Calcium 10%	•	Iron 45%

* % Daily Values are based on a 2000 calorie diet.

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