

Amtrak's Signature Flat Iron Steak

8-oz Black Angus steak with a cabernet reduction sauce, served with baby green beans, Parisian carrots and your choice of cheddar polenta or a baked potato.



Allergens: Milk, soy, wheat

Amtrak's Signature Steak Flatiron Steak	
Nutrition Facts	
Serving size	26.1 oz (739 g)
Amount per serving	
Calories	860
% Daily Value*	
Total Fat 33g	42%
Saturated Fat 13g	66%
Trans Fat 2.5g	
Cholesterol 165mg	55%
Sodium 1420mg	62%
Total Carbohydrate 86g	31%
Dietary Fiber 9g	32%
Total Sugars 9g	
Includes 0g Added Sugars	0%
Protein 54g	
Vitamin D 0mcg	0%
Calcium 137mg	10%
Iron 8mg	50%
Potassium 1860mg	40%

* 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.

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