

# 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 rustic mashed potatoes or a baked potato



Allergens: Milk, soy, wheat

Amtrak's Signature Steak Flatiron Steak	
<b>Nutrition Facts</b>	
Serving size	26.1 oz (739 g)
Amount per serving	
Calories	<b>860</b>
% Daily Value*	
<b>Total Fat</b> 33g	<b>42%</b>
Saturated Fat 13g	<b>66%</b>
Trans Fat 2.5g	
<b>Cholesterol</b> 165mg	<b>55%</b>
<b>Sodium</b> 1420mg	<b>62%</b>
<b>Total Carbohydrate</b> 86g	<b>31%</b>
Dietary Fiber 9g	<b>32%</b>
Total Sugars 9g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 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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