

Amtrak Signature Flat Iron Steak

Grill-seared flat iron steak with rustic mashed redskin potatoes, mixed vegetables and port wine sauce



WIMS# 26525

Allergens: milk, soy, wheat

Flat Iron Steak with Sauce and Sides	
Nutrition Facts	
1 servings per container	
Serving size	1 meal (465 g)
Amount per serving	
Calories	
	490
	<small>% Daily Value*</small>
Total Fat 20g	25%
Saturated Fat 6g	30%
Trans Fat 2g	
Cholesterol 135mg	45%
Sodium 900mg	39%
Total Carbohydrate 32g	12%
Dietary Fiber 4g	15%
Total Sugars 9g	
Includes 0g Added Sugars	0%
Protein 42g	
Vitamin D 0.00mcg	0%
Calcium 98mg	8%
Iron 5.6mg	33%
Potassium 620mg	15%

* 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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