

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