

Beef Top Sirloin Steaks

Number of Servings: 1 (113.4 g per serving)

Weight: 113.4 g

Nutrition Facts

Serving Size 4 oz. (113g)
Servings Per Container Varied

Amount Per Serving

Calories 240 **Calories from Fat 150**

% Daily Value*

Total Fat 16g **25%**

 Saturated Fat 7g **35%**

 Trans Fat --g

Cholesterol 60mg **20%**

Sodium 60mg **3%**

Total Carbohydrate 0g **0%**

 Dietary Fiber 0g **0%**

 Sugars 0g

Protein 23g

Vitamin A 0% • Vitamin C 0%

Calcium 2% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



Ingredients:

Beef.

Notes: