



Mitchell Foods, Inc.

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Quality Food Products for the Foodservice Industry

Beef Rib Eye Steak "Blade Tenderized" * 28/6 oz Portion *

Item Number:	10030	Packaging:	Poly Lined Box wax paper layer
UPC Number:	740909100301	Case Dimensions:	16x11.75x3.4
Portion Size:	6 oz	Case Cube:	0.37
Portion Count:	28 Pieces	Pallet Ti x Hi	10 x 10
Net Case Weight:	10.50 lbs	Handling:	Frozen
		Shelf Life Frozen:	8 Months

Coated with a solution containing Water, Salt, Dextrose, Hydrolyzed corn protein, Papain, and Natural Flavor (Spice Extractives), Sodium Acetate. Tenderized with a solution of water and Papain.

COOKING INSTRUCTIONS: COOK FROM FROZEN

Preheat lightly oiled skillet or grill to medium high heat. Add steak portions; cook and turn until done through. The steaks are done when they reach an internal temperature of 165 degrees F (74 degrees C). Do not overcook.

Nutrition Facts

28 servings per container

Serving size (168g)

Amount Per Serving
Calories 390

% Daily Value*

Total Fat 24g	31%
Saturated Fat 12g	60%
Trans Fat 0g	
Cholesterol 175mg	58%
Sodium 300mg	13%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 41g	82%

Not a significant source of vitamin D, calcium, iron, and potassium

*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.

