Heating Instructions: Remove plastic lid. Heat at 350° for 10-15 minutes or until warm. May be warmed in microwave.

SMALL ❑ MEDIUM ❑ LARGE ❑

Nutrition Facts

Serving Size: 8 oz (227g)
Servings Per Container: Varied

Amount Per Serving	
Calories 430	Calories from Fat 240
	% Daily Value*
Total Fat 27g	**42**%
Saturated Fat 6g	**30**%
Trans Fat 0g	
Cholesterol 135mg	**45**%
Sodium 470mg	**20**%
Total Carbohydrate 2g	**1**%
Dietary Fiber 0g	**0**%
Sugars <1g	
Protein 43g	

Vitamin A 8%	•	Vitamin C 15%
Calcium 6%	•	Iron 20%

* 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
Sat 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

INGREDIENTS: BEEF, CANOLA OIL, ONION, TOMATO, CILANTRO PRODUCE, JALAPENOS, JAMAICAN JERK SEASONING

1100 94TH AVE N ST. PETERSBURG FLORIDA 33702

Caribbean Style Flank Steak