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: 1 steak (227g)
Servings Per Container: Varied

Amount Per Serving	
Calories 310	Calories from Fat 100
	% Daily Value*
Total Fat 11g	**17**%
Saturated Fat 4.5g	**23**%
Trans Fat 2g	
Cholesterol 130mg	**43**%
Sodium 180mg	**8**%
Total Carbohydrate 0g	**0**%
Dietary Fiber 0g	**0**%
Sugars 0g	
Protein 48g	

Vitamin A 0%	•	Vitamin C 0%
Calcium 4%	•	Iron 15%

* 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, TENDERLOIN, STEAK, SEPARABLE LEAN ONLY, TRIMMED TO 0" FAT, SELECT, COOKED, BROILED, BEEF STOCK, ROSEMARY

1100 94TH AVE N ST. PETERSBURG FLORIDA 33702

Filet Mignon with Demi