



SWIFT

050758 - Beef Frs Flank Steak Bnls Ch S/T 2.

CARCASS SELECTION
Cattle Type: Mixed Steers &/Or Heifers
Cattle Age: Under 30 Months of Age
Grade: USDA Choice or Higher
Country of Origin: Product of U.S.A.



* Benefits

Nutrition Facts

Servings per Container	17
Serving size	4ozs
Amount per serving	
Calories	180
<i>% Daily Value*</i>	
Total Fat 9g	14%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 75mg	25%
Sodium 60mg	3%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugar	0%
Protein 24g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%

* 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.

Ingredients

Beef

⚠ Allergens

Free From:

- crustaceans
- shellfish
- eggs
- fish
- milk
- peanuts
- sesame
- soy
- tree nuts
- wheat

Handling Suggestions

Cook or freeze fresh beef within 3 to 5 days. Wrap securely to maintain quality and to prevent meat juices from getting onto other food. To maintain quality when freezing in its original package, wrap the package again with foil or plastic wrap that is recommended for the freezer. Thaw all frozen meats in the refrigerator. This will preserve flavor and tenderness. Meats should be left in their sealed wrappers while thawing. Once thawed, remove the meat from its wrapper, pat it dry using a clean paper towel, and place it back in the refrigerator to continue drying the surface of the meat. A dry meat surface results in a superior sear when the meat is cooked at high heat.

Serving Suggestions

4 oz

Prep & Cooking Suggestions

- Procedure
- A. Pull the flank steak from the full loin starting beneath the aitch bone and following the seam between the flank and flap meat through the flank beard.
 - B. Pull the membrane from the flank steak.
 - C. Pull the flank steak from the flank fat leaving the thick membrane beneath it attached to the flank fat.
 - D. Round the beard end with the rough side up following specification.
 - E. Taper the beard from the smooth side of the flank to remove the rest of the fat.
 - F. Trim any remaining fat from the flank.
 - G. Remove any ragged edges or scores.
 - H. All pasteurization must be completely removed.

📄 Product Specifications

Brand	Manufacturer	Product Category
SWIFT	JBS USA, LLC - Beef	Beef, Thin Meats

MFG #	SPC #	GTIN	Pack	Pack Desc.
21930	050758	90076338219301	6	6 / 5 / 5 cs

Gross Weight	Net Weight	Catch Weight	Country of Origin	Kosher	Child Nutrition
68lb	68lb	Yes	USA		No

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
23.63in	15.88in	9.13in	1.98ft3	5x7	42DAYS	28°F / 32°F



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Nutrition Analysis - By Serving

Calories	180	Total Fat	9g	Sodium	60mg
Protein	24	Trans Fats	0g	Calcium	0mg
Total Carbohydrates...	0g	Saturated Fat	4g	Iron	0mg
Sugars	0g	Added Sugars	0g	Potassium	0mg
Dietary Fiber	0g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	75mg		
Vitamin A(IU)	0	Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C	0mg	Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

Additional Images

