

## Sirloin Tip Center Steak or Roast

<b>Nutritional Facts</b>			
Serving Size 3 oz. (85g) GRILLED			
Servings per Container Varied			
<b>Amount Per Serving</b>			
<b>Calories</b> 150	Calories from Fat 52		
		% Daily Value *	
<b>Total Fat</b> 6g			<b>9%</b>
Saturated Fat 2g			<b>11%</b>
<b>Cholesterol</b> 65mg			<b>22%</b>
<b>Sodium</b> 44mg			<b>2%</b>
<b>Total Carbohydrate</b> 0g			<b>0%</b>
Dietary Fiber 0g			<b>0%</b>
Sugars 0g			<b>0%</b>
<b>Protein</b> 23g			
Vitamin A 0%	•	Vitamin C 0%	
Calcium 0%	•	Iron 12%	
<b>Riboflavin</b> 11%	•	<b>Vitamin B6</b> 21%	
Vitamin B12 46%	•	Zinc 39%	
* 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
Calories per gram:			
Fat 9	•	Carbohydrate 4	• Protein 4

## Sirloin Tip Side Steak

<b>Nutritional Facts</b>			
Serving Size 3 oz. (85g) GRILLED			
Servings per Container Varied			
<b>Amount Per Serving</b>			
<b>Calories</b> 143	Calories from Fat 37		
		% Daily Value *	
<b>Total Fat</b> 4g			<b>6%</b>
Saturated Fat 2g			<b>8%</b>
<b>Cholesterol</b> 68mg			<b>23%</b>
<b>Sodium</b> 46mg			<b>2%</b>
<b>Total Carbohydrate</b> 0g			<b>0%</b>
Dietary Fiber 0g			<b>0%</b>
Sugars 0g			<b>0%</b>
<b>Protein</b> 25g			
Vitamin A 0%	•	Vitamin C 0%	
Calcium 0%	•	Iron 13%	
<b>Riboflavin</b> 10%	•	<b>Vitamin B6</b> 24%	
Vitamin B12 59%	•	Zinc 41%	
* 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
Calories per gram:			
Fat 9	•	Carbohydrate 4	• Protein 4