

SIRLOIN TIP CENTER STEAK OR ROAST

Nutrition Facts

Serving Size 4.0 oz (113g) RAW

Servings Per Container Varied

Amount Per Serving

Calories 160 Calories from Fat 60

% Daily Value*

Total Fat 7g **10%**

Saturated Fat 2.5g **12%**

Cholesterol 65mg **22%**

Sodium 60mg **3%**

Total Carbohydrate 0g **0%**

Dietary Fiber 0g **0%**

Sugars 0g

Protein 24g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 12%

Riboflavin 12% • Vitamin B6 30%

Vitamin B12 85% • Zinc 40%

Niacin 28%

*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 STEAKS

Nutrition Facts

Serving Size 4.0 oz (113g) RAW

Servings Per Container Varied

Amount Per Serving

Calories 150 Calories from Fat 40

% Daily Value*

Total Fat 4.5g **7%**

Saturated Fat 2g **9%**

Cholesterol 70mg **23%**

Sodium 70mg **3%**

Total Carbohydrate 0g **0%**

Dietary Fiber 0g **0%**

Sugars 0g

Protein 25g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 14%

Riboflavin 12% • Vitamin B6 35%

Vitamin B12 58% • Zinc 40%

Niacin 32%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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Fat 9 • Carbohydrate 4 • Protein 4