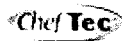


Date: 6/18/2015

Time: 11:45 AM



Entree, Flat Iron Steak

Yavapai Lodge



GRAND CANYON

Categories

Tools

Locations

Plating

			Prep
Yield	8	oz	Cook
Portion	8	oz	Finish
Num Portions	1		Shelf

Nutrition Facts

Serving Size 8 oz (227g)

Servings Per Container 1

Amount Per Serving

Calories 590 **Calories From Fat** 320

% Daily Value

Total Fat 35g	52%
Saturated Fat 14g	62%
Trans Fat 0g	
Cholesterol 150 mg	51%
Sodium 410mg	17%
Total Carbohydrate 21g	7%
Dietary Fiber 4g	19%

Protein 50g

Vitamin A 10% Vitamin C 50%

Calcium 6% Iron 40%

* Percent Daily Values are based on a 2000 calorie diet.

The following items are not included in the label data

Ingredient

pepper, cracked black
salt, kosher
Sides, entree

Reason

Missing conversion
Missing conversion
Incomplete nutrition information