



**COMMODITY**

**Silver Springs Farm, Inc.**

Portion Control Meat  
U.S.D.A. EST. 4771

## BEEF SANDWICH STEAKS

Ingredients: 100% COMMODITY BEEF

**Code: 99330**

Portion Size	3 OZ.
Net Weight	30.0 lbs.
Gross Weight	31.8 lbs.
Pack	1/30 lb.
Ti	9
Hi	7
Cube	.95
Dimensions	8.375" X 9" X 21.875"

## Nutritional Information

**Portion Size 3.00 Ounce**

Calories	231.0	Protein	(g)	13.83
Calories from Fat	169.5	Sodium	(mg)	67
		Total		
Total Fat	(g) 18.90	Carbohydrates	(g) <	1.4
Saturated Fat	(g) 6.06	Dietary Fiber	(g) <	0.2
Cholesterol	(mg) 54.0	Sugars	(g) <	0.4
Vitamin A	(iu) < 1	Calcium	(mg)	0.9
Vitamin C	(mg) < 1.5	Iron	(mg)	7.8