



HOLTEN

61149 - Steak Beef Flat Iron Ch 8 Oz

A terrific choice for operators looking for a lower cost premium steak that still maintains quality, juiciness, and taste! USDA Choice. Pre-seasoned for a unique flavor profile and to maintain flavor and juiciness in every bite. Easy to cook - just thaw and put on grill. Performs well under multiple cooking methods: flat grill, outdoor grill, or char grill. Extremely versatile, with applications for breakfast, lunch, and supper. Can be used to replace Skirt and Flank Steaks in numerous recipes with less waste. Steaks are cut on automatic portioning equipment for better quality and consistent sizing making pricing and menu planning easy. Made in a SQF Food Safety and Quality Codes Certified facility!



Nutrition Facts

Servings per Container	1
Serving size	100g
Amount per serving	
Calories	140
% Daily Value*	
Total Fat 7g	24%
Saturated Fat 3g	15%
Trans Fat 2.24g	
Cholesterol 55mg	18%
Sodium 250mg	10%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes Added Sugars	%
Protein 17g	
Vitamin D	%
Calcium 0mg	0%
Iron 2mg	11%
Potassium	%

* 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.

* Benefits

NAMP# 1114D

Ingredients

Ingredients: Beef, Water, Salt, Dextrose, Sodium Phosphate

Allergens

Free From:

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

Handling Suggestions

Product should be stored between 10 and -10 degrees F

Serving Suggestions

Versatile to use for many menu applications for breakfast, lunch, and dinner! Serve: As center of the plate steak dinner with potatoes and a vegetable. With caramelized onions or sauted mushrooms. With Bleu cheese or horseradish sauce. With caramelized onions or sauted mushrooms. With your signature seasoning or any steak seasoning. As a breakfast steak. As a steak sandwich. Sliced for salads. Sliced for fajitas. Sliced for stir fries. Cut into cubes for shish kabobs.

Prep & Cooking Suggestions

Fully thaw product before cooking. Preheat gas grill to high (475 F-525 F) Cook the following steak sizes for the time indicated until the cooked steak reaches 145 F degrees internal temperature, as measured with a meat thermometer. Allow the product to rest for 3 minutes before serving. Cook times may vary, dependent upon equipment. Size (Thickness), Cooking time (first side/After turning): 1/2-4 min./2 min.; 3/4-5 min./3 min.; 1-7 min./6 min.; 1 1/2-9 min./8min.

Product Specifications

Brand	Manufacturer	Product Category
HOLTEN	BIH-ROCHESTER MN	Beef, Steaks

MFG #	SPC #	GTIN	Pack	Pack Desc.
80480	61149	10079821804804	20	20 / 1 / 1 cs

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
11lb	10lb	USA	No	No

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
16.25in	11.75in	3.5in	0.39ft3	9x9	270DAYS	-10°F / 10°F



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Nutrition Analysis - By Serving

Calories	140kcal	Total Fat	7g	Sodium	250mg
Protein	17g	Trans Fats	2.24g	Calcium	0mg
Total Carbohydrates...	0g	Saturated Fat	3g	Iron	2mg
Sugars	0g	Added Sugars		Potassium	
Dietary Fiber	0g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	55mg		
Vitamin A(IU)•	0µg	Vitamin D		Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C	0mg	Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12•	
Monosodium		Sulphites		Nitrates	

Additional Images

