

Country Fried Steak

Ingredients

Beef Eye of Round Select, Liquid Egg w/
Citric, Milk 2%, Flour, Salt and Pepper, Corn
Meal Yellow, Olive Oil

Nutrients per serving

Nutrition Facts	
Serving Size 4 ounce (113g)	
Servings Per Container	
Amount Per Serving	
Calories 270	Calories from Fat 170
% Daily Value*	
Total Fat 18g	28%
Saturated Fat 4g	20%
Trans Fat --g	
Cholesterol 35mg	12%
Sodium 1170mg	49%
Total Carbohydrate 14g	5%
Dietary Fiber 5g	20%
Sugars --g	
Protein 11g	
Vitamin A --%	• Vitamin C --%
Calcium --%	• Iron --%
*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
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	