

# B and D Foods

## Finger Steaks

Item Number: A-1020

Brand:

UPC: 037483010202

GTIN: 00037483010202

**FULLY COOKED  
FULLY BAKEABLE**

*Whole muscle beef, cut, marinated,  
coated in a specially seasoned  
home-style batter and fully cooked in  
vegetable oil.*

**No Trans Fat - No MSG**

### Preparation Instructions:

Method	Temp	Frozen	Thawed
Deep Fry	350°	2 - 2½ Minutes	1 - 1½ Minutes
Conventional Oven	450°	12 -13 Minutes	7 - 8 Minutes
Convection Oven	425°	10 -12 Minutes	7 - 8 Minutes

**Shelf Life:** 12 months @ 0°Fahrenheit

**INGREDIENTS:** Beef, Water, Enriched Wheat Flour (bleached wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), Salt. Contains less than 2% of Dextrose, Egg White Powder, Egg Yolk Powder, Garlic Powder, Nonfat Dry Milk, Paprika, Sodium Phosphate, Spices. Cooked in Vegetable Oil.

**ALLERGENS:** Contains Wheat, Milk, & Eggs.



### Nutrition Facts

Serving Size 3.5 oz (100g)  
Servings Per Container

Amount Per Serving

**Calories 240**    **Calories from Fat 90**

	% Daily Value*
<b>Total Fat</b> 10g	<b>16%</b>
<b>Saturated Fat</b> 2g	<b>11%</b>
<b>Trans Fat</b> 0g	
<b>Cholesterol</b> 35mg	<b>12%</b>
<b>Sodium</b> 710mg	<b>30%</b>
<b>Total Carbohydrate</b> 22g	<b>7%</b>
Dietary Fiber 1g	<b>3%</b>
Sugars 1g	

**Protein** 14g

Vitamin A 2%    •    Vitamin C 0%

Calcium 2%    •    Iron 15%

\*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	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g

NOTE: This is a representation of the nutritional label. The actual nutritional label on the product may vary slightly.

### Pack Facts:

Piece per Pound:	Approx: 40
Pack:	2/5-pound poly bags
Case Net Wt (Lbs):	10
Case Gross Wt (Lbs):	11.5
Case Dimensions:	16¼ × 10¼ × 5
Cases/Pallet Layer:	10
Layers/Pallet:	13
Cases /Pallet:	130
Case Cube:	.48 cf