

B and D Foods

Finger Steaks

Item Number: A-1020

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.
0g Trans Fat - No MSG Added*

Each 4.00 oz service (by weight) of Finger Steaks provides 1.25 oz. equivalent meat and 1.00 oz equivalent grains (enriched).

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: 18 months @ 0°Fahrenheit

INGREDIENTS: Beef, Water, Bleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Salt, Contains less than 2%: Dehydrated Garlic, Dextrose, Egg White Powder, Egg Yolk Powder, Nonfat Dry Milk, Paprika, Sodium Bicarbonate, Sodium Phosphate, Spice. Fully Cooked in Vegetable Oil.

Contains Egg, Milk and Wheat.



Nutrition Facts

Serving Size 3.5 oz (100g)
Servings Per Container

Amount Per Serving

Calories 230 Calories from Fat 90

% Daily Value*

Total Fat 10g 16%

Saturated Fat 2g 11%

Trans Fat 0g

Cholesterol 35mg 12%

Sodium 670mg 28%

Total Carbohydrate 21g 7%

Dietary Fiber 1g 4%

Sugars 1g

Protein 14g

Vitamin A 4% • 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 |
| Dietary Fiber | | 25g | 30g |

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

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: | 17.9" x 12.1" x 5" |
| Cases/Pallet Layer: | 8 |
| Layers/Pallet: | 14 |
| Cases /Pallet: | 112 |
| Case Cube: | .63 cf |