

# 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	Time from Frozen
Deep Fry	350°	2-3 Minutes
Conventional Oven	400°	12-14 Minutes
Convection Oven	425°	8-10 Minutes

**Shelf Life:** 24 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: 35
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