

# Nutrition Facts for Flank Steak

<b>Nutrition Facts</b>	Amount/serving	% DV	Amount/serving	% DV
	<b>Total Fat</b> 9g		<b>11%</b>	<b>Total Carb.</b> 0g
	Saturated Fat 4g	<b>19%</b>	Fiber 0g	<b>0%</b>
	<i>Trans</i> Fat 0g		Total Sugars 0g	
Serving size: 1 Portion	<b>Cholesterol</b> 75mg	<b>26%</b>	Incl. 0g Added Sugars	<b>0%</b>
	<b>Sodium</b> 60mg	<b>2%</b>	<b>Protein</b> 24g	
<b>Calories</b> per serving	Vitamin D 0% · Calcium 2% · Iron 10% · Potassium 8%			
<b>190</b>				

## Ingredients

Beef Flank Steak

## Characteristics

Gluten Free · Dairy Free · Corn Free · Tree Nut Free · Peanut Free

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