## Filet Mignon w/Demi

Heating Instructions: Remove plastic lid. Heat at 350° for 10-15 minutes or until warm. May be warmed in microwave.

Nut	rition	Facts

Serving Size: 1 steak (227g) Servings Per Container: Varied

Amount per serving	J		
Calories 310		Calories fro	m Fat 100
		% D	aily Value*
Total Fat 11g			17%
Saturated Fat 4.5	g		23%
Trans Fat 2g			
Cholesterol 130mg	g		43%
Sodium 180mg			8%
Total Carbohydrat	<b>e</b> 0g		0%
Dietary Fiber 0g			0%
Sugars 0g			
Protein 48g			
Vitamin A 0%	•	Vita	amin C 0%
Calcium 4%	•		Iron 15%
* Percent Daily Values are values may be higher or lo			
	Calories	2,000	2,500
Total Fat	Less tha	n 65g	80g
Sat Fat	Less tha	_	25g
Cholesterol	Less tha	_	300mg
		_	_
Sodium	Less tha	n 2,400mg	2,400mg
Sodium Total carbohydrate	Less tha	n 2,400mg 300g	2,400mg 375g

INGREDIENTS: BEEF, TENDERLOIN, STEAK, SEPARA-BLE LEAN ONLY, TRIMMED TO O" FAT, SELECT, COOKED, BROILED, BEEF STOCK, ROSEMARY