

## STEAKS:

**Nutrition Facts** Servings: 8, **Serv. size: 1 Steak**  
Amount per serving: **Calories 190**, **Total Fat** 6g (8% DV), Saturated Fat 2g (10% DV), *Trans* Fat 0g, **Cholesterol** 95mg (32% DV), **Sodium** 90mg (4% DV), **Total Carbohydrate** 0g (0% DV), Dietary Fiber 0g (0% DV), Total Sugars 0g (Includes 0g Added Sugars, 0% DV), **Protein** 33g, Vitamin D (0% DV), Calcium (0% DV), Iron (20% DV), Potassium (10% DV)

## BURGERS:

**Nutrition Facts** Servings: 8, **Serv. size: 1 burger**  
Amount per serving: **Calories 290**, **Total Fat** 23g (29% DV), Saturated Fat 9g (44% DV), *Trans* Fat 1.5g, **Cholesterol** 80mg (27% DV), **Sodium** 75mg (3% DV), **Total Carbohydrate** 0g (0% DV), Dietary Fiber 0g (0% DV), Total Sugars 0g (Includes 0g Added Sugars, 0% DV), **Protein** 19g, Vitamin D (0% DV), Calcium (0% DV), Iron (10% DV), Potassium (6% DV)