

# Flank Steak with Asparagus & Sweet Potatoes

## Nutrition Facts

Serving Size: 16 oz (454g)

Servings Per Container: 1

### Amount Per Serving

**Calories** 430      Calories from Fat 190

### % Daily Value\*

**Total Fat** 21g      **32%**

Saturated Fat 8g      **40%**

*Trans* Fat 0g

**Cholesterol** 110mg      **37%**

**Sodium** 590mg      **25%**

**Total Carbohydrate** 26g      **9%**

Dietary Fiber 5g      **20%**

Sugars 6g

**Protein** 34g

Vitamin A 330%      •      Vitamin C 10%

Calcium 10%      •      Iron 25%

\* 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
Sat 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

INGREDIENTS: FLANK STEAK, SWEET POTATO, ASPARAGUS, EXTRA VIRGIN OLIVE OIL, GHEE, GARLIC, BLACK PEPPER, KOSHER SALT, THYME

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