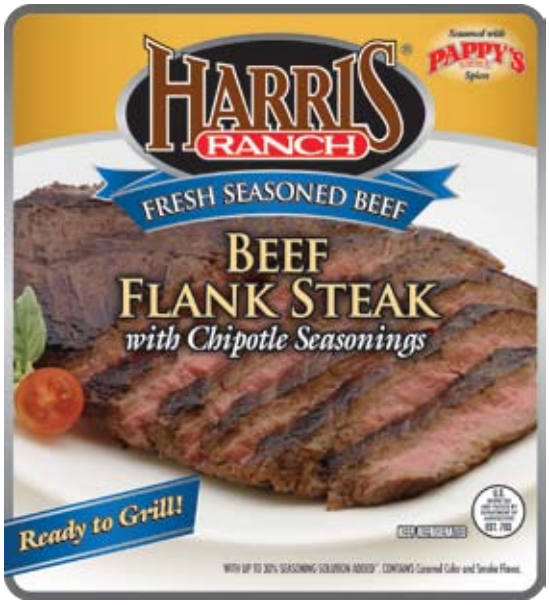
Harris Ranch Fresh Seasoned Flank Steak



Harris Ranch Chipotle Flank Steak is already seasoned for your convenience. We use Pappy's Chipotle seasoning blend which has a smoky, sweet base, with just a touch of chipotle chili heat.

The flank steak is cut from the bottom of the loin section, and is very lean and flavorful.

Product Features

- Produced from the finest grain fed beef.
- We start with Harris Ranch closely trimmed flank steak, a lean and versatile beef cut perfect for grilling.
- Seasoned with Pappy's Choice Chipotle blend using a vacuum tumbling method for superior tenderness and flavor throughout.
- Very convenient; no mess and easy to prepare.
- Versatile – grill or broil, slice thin and serve over a salad or wrapped in a tortilla.

Nutrition Information

Nutrition Facts
Serving Size 4 oz. (113g)
Servings Per Container: Varied

Amount per Serving	
Calories 160	Calories from Fat 45
	% Daily Value*
Total Fat 4.5g	**7%**
Saturated Fat 2g	**10%**
Trans Fat 0g	
Cholesterol 30mg	**10%**
Sodium 490mg	**20%**
Total Carbohydrate 10g	**3%**
Dietary Fiber 0g	**0%**
Sugars 8g	
Protein 19g	
Vitamin A 4% •	Vitamin C 2%
Calcium 2% •	Iron 10%

*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

*Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Flank Steak with Chipotle Seasoning
Harris Ranch Beef Co. • Selma, CA 93662

SAFE HANDLING INSTRUCTIONS

THIS PRODUCT WAS PREPARED FROM INSPECTED AND PASSED MEAT. SOME FOOD PRODUCTS MAY CONTAIN BACTERIA THAT COULD CAUSE ILLNESS IF THE PRODUCT IS MISHANDLED OR COOKED IMPROPERLY. FOR YOUR PROTECTION, FOLLOW THESE SAFE HANDLING INSTRUCTIONS.

KEEP REFRIGERATED OR FROZEN. THAW IN REFRIGERATOR OR MICROWAVE.

KEEP RAW MEAT AND POULTRY SEPARATE FROM OTHER FOODS. WASH WORKING SURFACES (INCLUDING CUTTING BOARDS), UTENSILS, AND HANDS AFTER TOUCHING RAW MEAT OR POULTRY.

COOK THOROUGHLY.

KEEP HOT FOODS HOT. REFRIGERATE LEFTOVERS IMMEDIATELY OR DISCARD.

Ingredients: Beef, *Seasoning (Water, Worcestershire Sauce [Water, Distilled Vinegar, Sugar, Salt, Hydrolyzed Soy Protein, Dehydrated Garlic and Onion, Tamarind Extract, Spices, Anchovy Paste, Flavorings], Honey, Soy Sauce [Water, Soybeans, Wheat, Salt, Hydrolyzed Soy Protein, Molasses, Caramel Color, Corn Syrup, Potassium Sorbate], Orange Juice (Water, Orange Juice Concentrate, Ascorbic Acid], Apple Cider Vinegar, Brown Sugar, Sugar, Chipotle Paste [Dehydrated Chipotle Pepper, Sugar, Iodized Salt, Acetic Acid, Vegetable Oil (Cotton and or Sunflower and or Soybean Oil), Natural Flavoring, Onion, Artificial Smoke Flavor, Garlic, Paprika, Caramel Color, Sodium Benzoate, Potassium Sorbate], Lime Juice [Water, Concentrated Lime Juice, Sodium Bisulfite, Sodium Benzoate, Lime Oil], Salt, Sodium Acetate, Sodium Diacetate, Wheat Flour, Defatted Soy Flour, Nonfat Dry Milk.*

Contains: Wheat, Soybeans, Milk, Anchovies

Preferred Method-Grilling: Pre-heat grill to medium setting. Place the seasoned Flank Steak on the cooking grate turning every 5 minutes. Cook for 20 minutes. Cut the meat to check for doneness. Extend the cooking time, turning every 5 minutes, until desired degree of doneness.

Oven Broiling: Preheat oven for broiling. Place beef on broiler pan and position pan in oven so that surface of beef is within 3-4" from heat source. Broil for approximately 7-8 minutes, remove and turn beef. Cook for an additional 7-8 minutes or until beef reaches the desired degree of doneness. Slice meat in ¼" strips and serve immediately.

Questions or comments, call 1-800-742-1955, 8a-4p PST P0212 Rev11/06

Product Specifications

Product Code:	8805214
Piece Weight:	Random
Case Count:	8
Case Weight:	14 lb. Average
Case Size:	19" X 15.5" X 5.5"
Cases/Pallet	48
Case Cube:	.94
High:	8
Tie:	6
Package Tare:	.03
Shelf Life	Guaranteed 21 days