

# G22030A - LEGENDARY RELEASE BEEF - Certified Angus Beef® Brand



## G22030A

### Non-Marinated Beef

3 oz portions, 53 per case

NET WT: 10.0 lbs (4.54 kgs)

GROSS WT: 10.84 lbs (4.92 kgs)

Case Size: 17 x 10.25 x 3.625"

Case Cube: 0.37

Cases Per Pallet: 160

Tie High: 10/16

Shelf Life: 300 Days

GTIN: 00817506012228



## Nutrition Facts

Serving Size 3 oz (85g)  
Servings Per Container 53

### Amount Per Serving

**Calories** 130      Calories from Fat 54

% Daily Value\*

<b>Total Fat</b> 6g	8 %
Saturated Fat 2.6g	13 %
Trans Fat 0g	
<b>Cholesterol</b> 40mg	13 %
<b>Sodium</b> 40mg	2 %
<b>Total Carbohydrate</b> 1g	0 %
Dietary Fiber 0g	0 %
Sugars 0g	
<b>Protein</b> 17g	

Vitamin A	0 %
Vitamin C	0 %
Calcium	2 %
Iron	6 %

\* Percent Daily Values are based on a 2,000 calorie diet.  
Your Daily Value 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: Beef

## Features and Benefits:

The secret to the Gary's QuickSteak® Beef is the release process on the grill. Easily break apart or defrost the amount required for your recipe. The meat slices separate into lean, tender and juicy slices on the grill in seconds. Gary's QuickSteak® delivers on flavor and profit and will please your grill cooks and customers equally!

Boost your grill productivity with Gary's QuickSteak® products. You will see measurable savings with less waste, labor and menu planning. Expand your sandwich menu with a variety of recipe options such as salads, omelets, fajitas, wraps, rice bowls and more!

- Cooks in 60 seconds
- Lean and juicy slices with a tender bite
- Evenly marbled at 85% lean
- No gristle or sinew
- No MSG or Soy
- Versatile Menu Options

## COOKING PREPARATION:

### Flat Top Grill -

Our Steaks cook best on a flat top grill pre-heated to 350°F

1. Place frozen or thawed portion on the grill and add desired seasonings.
2. As cooking begins flip the portion once.
3. As the meat slices begin to release; continue to separate with the spatula. Use caution not to over-cook.
4. Cook until product has reached an internal temperature 165°F.

### Conventional Oven -

Our Steaks cook best on a conventional oven pre-heated to 350°F

1. Place frozen or thawed portion in a oven safe pan and add desired seasonings.
2. As cooking begins flip the portion once.
3. As the meat slices begin to release; continue to separate with the spatula. Use caution not to over-cook.
4. Cook until product has reached an internal temperature 165°F.

11/25/2022