

BEEF CHUCK & RIBEYE SMASH BURGER 10/5.33OZ

Nutrition Facts	
10 servings per container	
Serving size 1 patty(5.33oz)	
Amount per serving	
Calories	250
% Daily Value*	
Total Fat 20g	26%
Saturated Fat 8g	38%
Trans Fat 1g	
Cholesterol 70mg	24%
Sodium 65mg	3%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 17g	
Vitamin D	0%
Calcium	0%
Iron	10%
Potassium	6%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Fat 9 Carbohydrate 4 Protein 4	

Ingredients: Beef

Preparation Instructions: Can be cooked from frozen or thawed state. Cook to an internal temperature of at least 165°F or until all pink is gone from the interior and from any juices. Grill or Broil: Grill or Broil for 5-6 minutes per side until internal temperature reads 165°F. Pan Fry: Preheat a small amount of cooking oil in non-stick pan over medium heat. Add burgers, pan fry for 6-8 minutes on each side or until internal temperature reaches 165°F.