

10264

Item: 10264

Multi Column: Prime, Top Sirloin, Peeled, Center Cut

Source: Genesis

Serving Size: 100g

Multi-Column

Servings Per Container: Varied

Nutrients	Per Serving	Per 100g	Nutrients	Per Serving	Per 100g
Basic Components			Vitamin B12 (mcg)	2.78	2.78
Gram Weight (g)	100.00	100.00	Biotin (mcg)	--	--
Calories (kcal)	226.05	226.05	Vitamin C (mg)	0	0
Calories from Fat (kcal)	142.01	142.01	Vitamin D - IU (IU)	4.52	4.52
Calories from SatFat (kcal)	56.23	56.23	Vitamin D - mcg (mcg)	0.14	0.14
Protein (g)	20.17	20.17	Vitamin E - Alpha-Toco (mg)	0	0
Carbohydrates (g)	0	0	Folate (mcg)	3.24	3.24
Total Dietary Fiber (g)	0	0	Folate, DFE (mcg DFE)	3.24	3.24
Total Soluble Fiber (g)	0	0	Vitamin K (mcg)	1.83	1.83
Total Sugars (g)	0	0	Pantothenic Acid (mg)	0.08	0.08
Monosaccharides (g)	0	0	Minerals		
Disaccharides (g)	0	0	Calcium (mg)	7.85	7.85
Other Carbs (g)	0	0	Chromium (mcg)	--	--
Fat (g)	15.78	15.78	Copper (mg)	0.08	0.08
Saturated Fat (g)	6.25	6.25	Fluoride (mg)	--	--
Mono Fat (g)	7.99	7.99	Iodine (mcg)	--	--
Poly Fat (g)	0.44	0.44	Iron (mg)	1.92	1.92
Trans Fatty Acid (g)	0.58	0.58	Magnesium (mg)	21.74	21.74
Cholesterol (mg)	70.64	70.64	Manganese (mg)	0	0
Water (g)	63.47	63.47	Molybdenum (mcg)	--	--
Vitamins			Phosphorus (mg)	193.36	193.36
Vitamin A - IU (IU)	4.86	4.86	Potassium (mg)	339.38	339.38
Vitamin A - RE (RE)	1.62	1.62	Selenium (mcg)	24.26	24.26
Vitamin A - RAE (mcg)	1.62	1.62	Sodium (mg)	59.52	59.52
Carotenoid RE (RE)	0	0	Zinc (mg)	4.45	4.45
Retinol RE (RE)	1.62	1.62	Poly Fats		
Beta-Carotene (mcg)	0	0	Omega 3 Fatty Acid (g)	0.05	0.05
Vitamin B1 (mg)	0.06	0.06	Omega 6 Fatty Acid (g)	0.38	0.38
Vitamin B2 (mg)	0.16	0.16	Other Nutrients		
Vitamin B3 (mg)	5.14	5.14	Alcohol (g)	0	0
Vitamin B3 - Niacin Equiv (mg)	8.94	8.94	Caffeine (mg)	0	0
Vitamin B6 (mg)	0.55	0.55	Choline (mg)	--	--

Beef Top Sirloin, Prime, C/C

## Nutrition Facts

servings per container  
Serving size (100g)

Amount per serving  
**Calories 230**

% Daily Value\*

Total Fat 16g 21%

Saturated Fat 6g 30%

Trans Fat 0.5g

Cholesterol 70mg 23%

Sodium 60mg 3%

Total Carbohydrate 0g 0%

Dietary Fiber 0g 0%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 20g

Vitamin D 0mcg 0%

Calcium 8mg 0%

Iron 2mg 10%

Potassium 339mg 8%

\*The % Daily Value 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.