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# **NUTRITION FACTS OF STEAK**

NUTRITION FACTS FOR TRIMMED. 302 COOKED (402 RAW) PORTIONS



**Bottom Round** 180 Calories 6g Fat Oq Carbs 29g Protein



**Brisket Flat Half** 

170 Calories 6g Fat Og Carbs 28g Protein



200 Calories 12g Fat Og Carbs 24g Protein



Cowboy Steak 220 Calories 14g Fat Og Carbs 23q Protein



Denver

180 Calories 11g Fat Og Carbs 22q Protein



Flank

160 Calories 6g Fat Oq Carbs 23g Protein



Filet Mignon/Tenderloin

170 Calories 7g Fat Og Carbs 26g Protein



Flat Iron

180 Calories 9g Fat Og Carbs 23g Protein



Eye of Round

130 Calories 3g Fat Og Carbs 25g Protein



Porterhouse

180 Calories 9g Fat Og Carbs 24g Protein



Bone-In Rib-Eye

190 Calories 10g Fat Og Carbs 23g Protein



Rib-Eye

170 Calories 8g Fat Og Carbs 24g Protein



Skirt

200 Calories 11g Fat Og Carbs 25g Protein cheatdaydesign.com



Strip (Boneless)

160 Calories 6q Fat Og Carbs 25g Protein



T-Bone

180 Calories 9g Fat Og Carbs 23g Protein



Top Round

140 Calories 3q Fat Og Carbs 25q Protein



Top Sirloin 150 Calories

5q Fat Og Carbs 26q Protein

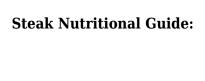


Tri Tip

220 Calories 13g Fat Og Carbs 25g Protein

# **Steak Nutritional Guide**

**Didier Musso** 



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