

Beef Top Loin Steak Boneless

Sometimes Referred to as:

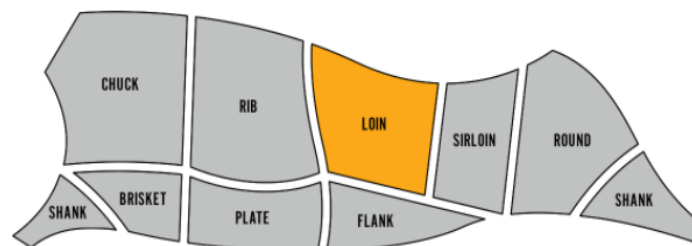
- Strip Loin Steak
- Club Steak
- Shell Steak
- Kansas City Steak/New York Strip
- Strip Loin

Attributes:

Lean, Flavorful, Versatile



WHERE THIS CUT COMES FROM:



LOIN PRIMAL | PRIMAL CUT

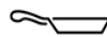
The area below the backbone is home to some of the most tender and popular cuts of beef, such as the Tenderloin, Strip Steak, T-Bone and Porterhouse Steaks. Loin cuts are great prepared on the grill or under a broiler.

[EXPLORE THIS PRIMAL >](#)

COOKING METHODS:



GRILL >



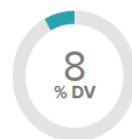
PAN-BROIL/SKILLET >



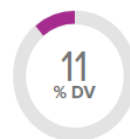
BROIL >

NUTRITION:

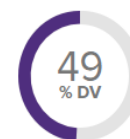
160 CALORIES



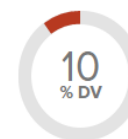
2.3g SAT FAT



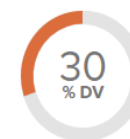
25g PROTEIN



1.6 mg IRON



4.5 mg ZINC



Percent Daily Values are based on a 2,000-calorie diet

Nutrition information per serving: 160 Calories; 50g Calories from fat; 6g Total Fat; 2.3g Saturated Fat; 0.2g Polyunsaturated Fat; 2.4g Monounsaturated Fat; 0g Trans Fat; 0g CLA Fat; 70mg Cholesterol; 50mg Sodium; 310mg Potassium; 0g Total carbohydrate; 25g Protein; 1.6mg Iron; 0.1mg Riboflavin; 7mg Niacin; 0.5mg Vitamin B6; 93.7mg Choline; 1.4mcg Vitamin B12; 194mg Phosphorus; 4.5mg Zinc; 28.5mcg Selenium; 0g Fiber.

* Nutrients are based on raw/uncooked meat (4oz portion)

*All Nutrients listed are an approximation