

1000025 Rump Steaks



Pack Size: X KILO

Details: Standard trim - cut from the D rump.

Rump steak can be grilled or fried, served plain or with a sauce such as peppercorn, red wine or mushroom. It's also ideal for making kebabs, quick and easy.

*When ordering this product, please note that it is sold by weight (X KILO) so leave the quantity as 1, click on the speech bubble and leave clear instructions about what you require as a message.

Allergen Information

Free from:

Cereal, Celery, Crustaceans, Eggs, Fish, Lupin, Milk, Molluscs, Mustard, Nuts, Peanuts, Sesame, Sulphur Dioxide, Soya

Handling Information

Directions For Use:

Cook until Juices run clear and free from pink colour. Ensure the product is fully cooked before consumption.

Storage Instructions:

Store at <4°C

Product Ingredients

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Beef 100%

Nutritional Information

Typical Values per 100g/ml:

Based on a reference intake of an average adult (8400kJ/2000kCal) diet

Energy:

211 kcal / 872 kJ

Fat:

15 g

of which saturates:

6.4 g

Carbohydrates:

0.5 g

of which sugars:

0.5 g

Fibre:

No Data

Protein:

20 g

Salt:

0.16 g

All product information is correct at time of upload. Information may change so please check the packaging before use.

If allergen information is not presented here, please obtain it from the product packaging or speak with our QA Department.

