



## 1000283 St George Prime Rump Steaks



Pack Size: X KILO

**Details:** Cut from the prime muscle of the rump - this single muscle steak has the grissle removed.  
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

### Allergen Information

**Free from:**

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

### Handling Information

**Directions For Use:**

Ensure the product is fully cooked before consumption.

**Storage Instructions:**

Store at <4°C

### Product Ingredients

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Beef

### Nutritional Information

**Typical Values per 100g/ml:**

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

**Energy:**

213 kcal / 882 kJ

**Fat:**

15 g

**of which saturates:**

6.5 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.

