

FL# 181040  
 Labels per roll: 500  
 Rolls per case: 24

WIND DIRECTION 



**Teriyaki  
 Marinated  
 Beef Steaks**

Total Recipe Time: 30 minutes  
 Marinade Time: 6 hours or overnight

1 beef Western Steak, cut 1-1/4 inches thick (1-1/4 to 1-1/2 pounds)

Marinade: 3/4 cup prepared teriyaki marinade and sauce  
 2 tablespoons dry sherry  
 1 tablespoon minced fresh ginger

1. Combine marinade ingredients in small bowl. Place beef steak and marinade in food-safe plastic bag; turn steak to coat. Close bag securely and marinate in refrigerator 6 hours or as long as overnight, turning occasionally.

2. Remove steak from marinade; discard marinade. Place steak on grid over medium, ash-covered coals. Grill, covered, 18 to 20 minutes (over medium heat on preheated gas grill, covered, timings remain the same) for medium rare doneness, turning occasionally. (Do not overcook.) Carve steak into thin slices.  
**Makes 4 servings**

for more recipe ideas visit: [www.EasyFreshCooking.com](http://www.EasyFreshCooking.com)

**Nutrition Facts:**

Serving Size 4oz. Raw, without added fat, salt or sauces.

\*Percent Daily Values (DV) are based on a 2,000 calorie diet.

Total Carb. 0 g • Dietary Fiber 0 g • Sugars 0g • Vitamin A 0% • Vitamin C 0% • Calcium 0%

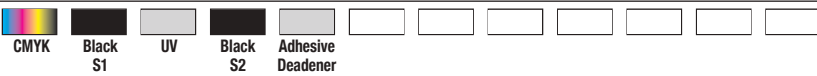
	Calories	from Fat	Total Fat	% DV*	Saturated Fat	% DV*	Cholesterol	% DV*	Sodium	% DV*	Protein	% DV*
Tenderloin	278	182	20g	31%	8g	21%	73mg	24%	57mg	2%	22g	9%
Ribeye	310	224	25g	38%	10g	51%	77mg	26%	63mg	3%	20g	12%
New York Strip	253	153	17g	26%	7g	34%	62mg	21%	59mg	2%	23g	9%
Tri Tip	177	78	9g	13%	3g	16%	66mg	22%	60mg	2%	23g	9%
Top Sirloin	214	113	13g	19%	5g	25%	46mg	15%	60mg	2%	23g	9%
Rib Steak	278	183	20g	31%	8g	41%	75mg	25%	55mg	2%	22g	9%
T-Bone	225	129	14g	22%	6g	29%	52mg	17%	61mg	3%	22g	21%
Porterhouse	248	148	16g	24%	8g	32%	64mg	20%	60mg	4%	22g	12%

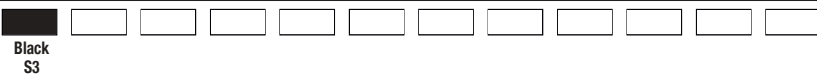
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 Job ID: **FL581** Rev: \_\_\_\_\_  
 Label Size: **3.25** W x **3.0** H CR: \_\_\_\_\_  
 Approval: \_\_\_\_\_ Date: \_\_\_\_\_

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Front: 

Back: 

**Wind 3**  
