# CHEF'S REQUESTED FOODS®

4 Thick Steaks Bacon Wrapped

# Beef Medallions

**Grill** Preheat grill on High. Remove steaks from package with knife or kitchen shears. Reduce heat to medium and cook steaks for 9-10 minutes per side.

**Pan** Preheat lightly oiled skillet on medium high heat. Place steaks in skillet and cover; reduce to medium heat. Fry for 8-9 minutes per side.

**Broil** Preheat broiler on high. Remove steaks from package with knife or kitchen shears. Place steaks on Broiler Pan and Broil for 9-10 minutes per side.

**Bake** Preheat oven to 350°F. Remove steaks from package with knife or kitchen shears. Place steaks in lightly oiled pan and bake for 30-40 minutes.

Always check doneness with a cooking thermometer to ensure center reaches 160°F. All times are estimated; Cooking times may vary.

See Us On The Web: www.chefsrequested.com

## Nutrition Facts

Serving Size 1 filet (142g)
Servings Per Container 4

| Amount Per Serving | |
|---|---|
| Calories 260 | Calories from Fat 110 |
| | % Daily Value * |
| Total Fat 12g | 19% |
| Saturated Fat 4.5g | 22% |
| Cholesterol 60mg | 21% |
| Sodium 550mg | 22% |
| Total Carbohydrate 3g | 1% |
| Dietary Fiber 0g | 0% |
| Sugars 0g | |
| Protein 21g | |
| Vitamin A 0% · Vitamin C 0% | |
| Calcium 0% · Iron 15% | |

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

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KEEP FROZEN
PROCESSED IN USA

NET WT. 20 OZ. (1 LB. 4 OZ.)