



NEW MENU
DESTINATIONS
BEEF FLEXIBLE[®]



GREEK STEAK SALAD ROLL



SUNRISE STEAK



LOMO SALTADO



MANGO PANANG-O BEEF



PAINTED STEAK



BRAISED BEEF POUTINE



MEZZE-TERRANEAN STEAK SALAD



BEEF BANH MI



BEEF. NEW MENU DESTINATIONS.

Today's menus are tapping into the allure of destinations, the appeal of origins, the romance of the land. They're borrowing authentic flavors from around the world and making them uniquely American. So here's a little travel tip: Whether you're taking your menu to Tupelo or Thailand, there's one fail-proof foundation you can always count on. With its confident, crowd-pleasing personality, beef can take on any cuisine. And with more innovative, profit-building cuts available than ever—from steaks to boneless ribs—you have a whole new world of beef options to build on. Going global? Tap into the power and the passion of the #1-selling protein in food-service. It's the great American taste of satisfaction. As bold as the land. As big as the sky. Beef. The new landscape of flavor.

NEW BEEF CUTS. NEW PROFIT POWER.

NEW BEEF CUTS? HOW'S THAT POSSIBLE? THROUGH INNOVATION, THAT'S HOW.

The beef industry is constantly working to bring greater value to foodservice operators—value that translates to profitability, convenience and labor savings for you.

To help you meet the demand for quality steak and beef cuts, we've invested in years of industry research to identify several tender and flavorful muscles within the beef chuck. These muscles can be isolated and turned into consistent, tender beef cuts that cook and eat like cuts from the rib and loin. Starting with the Ranch Steak, Flat Iron Steak and Petite Tender a few years ago, these cuts have been developed with your needs in mind, offering unique preparation and plating advantages.

Now, we're proud to introduce two more cuts to the beef landscape: the new Delmonico (Chuck Eye) Steak and Boneless Country-Style Beef Ribs.


THE NEW DELMONICO STEAK: ELEGANCE AND FLAVOR, ALL TIED TOGETHER.

Everything about the new Delmonico, from its name and attractive appearance to its sumptuous flavor, says “sophistication.” Because it's an extension of the same muscles in the ribeye, the Delmonico has the familiar ribeye characteristics people crave—juiciness, tenderness, and rich, satisfying flavor—in a slightly smaller cut. Tied to hold a circular shape, it has a commanding center-of-plate presence, so you can serve it just like a ribeye filet, on its own or with a signature sauce, butter or condiment.

BONELESS COUNTRY-STYLE BEEF RIBS: BIG FLAVOR, LESS LABOR.

These whole-muscle beef strips have the rich meaty flavor of short ribs with the labor-saving convenience of boneless beef. Serve them as a premium braised-beef or short rib-style presentation, in everything from starters and small plates to sandwiches and entrees. They'll deliver easy handling and portion control, outstanding taste and texture, and eye-catching plate-appeal.

FOR MORE INFORMATION ABOUT THE BEEF CUTS FEATURED IN THIS BROCHURE, ALONG WITH BEEF NUTRITION INFORMATION, SEE INSIDE BACK FLAP.



Start with the timeless flavors of a great Greek salad—kalamata olives, baby greens, peppers, onions, creamy tzatziki, whipped feta. Now add some slices of juicy Ranch Steak and serve it all on a soft flatbread to roll right at the table. You’ve just put a Greek classic on a whole new pedestal.

STEAK APPEAL. GREEK CHIC. ROLL WITH IT.

GREEK STEAK SALAD ROLL

The Elements:

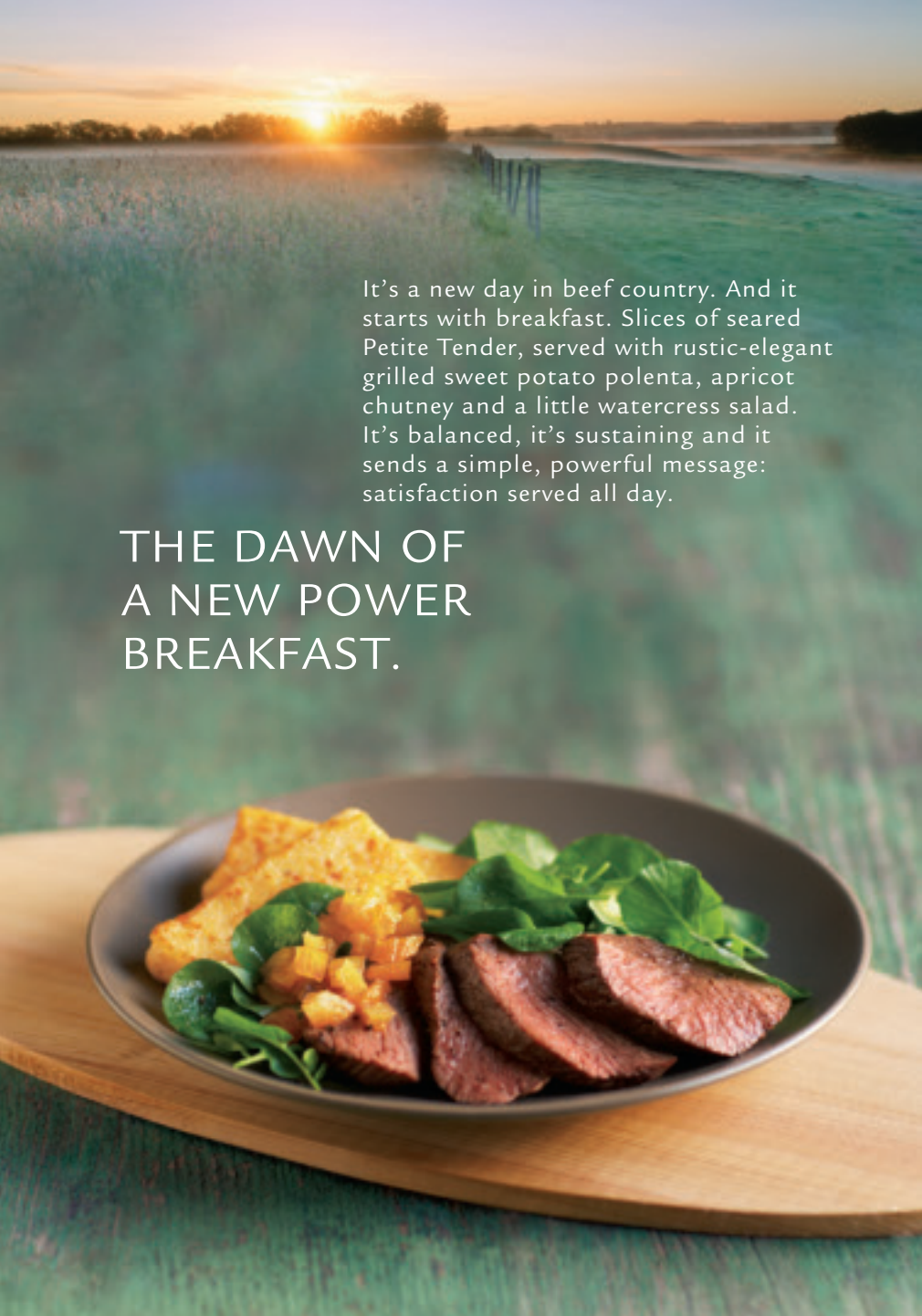
Spicy Whipped Feta: In food processor, purée 1 lb. feta cheese, 1/2 cup roasted red peppers, 4 tsp. extra virgin olive oil, 2 tsp. Aleppo pepper, 2 tsp. lemon juice and 1 tsp. smoked paprika until smooth. Thin with water to drizzling consistency. (Yield: 3 cups)

Tzatziki: In food processor or blender, pulse 1 cup mayonnaise, 3/4 cup Greek yogurt, 3/4 cup sour cream, 3/4 cup crumbled feta cheese, 3/8 cup peeled, seeded, chopped cucumber and 1 1/2 Tbsp. dried mint leaves. (Yield: 3 cups)

The Build:

Season 1 (6-oz.) Ranch Steak with dried oregano, kosher salt, pepper and garlic powder; grill to medium rare or desired doneness. Carve steak into slices. Spread 2 Tbsp. Tzatziki on 1 large, rectangular flatbread; arrange steak slices on top. Scatter julienned roasted red peppers, pitted kalamata olives, julienned cucumber, grape tomatoes, baby romaine leaves and parsley sprigs on top; drizzle with 2 Tbsp. Spicy Whipped Feta.





It's a new day in beef country. And it starts with breakfast. Slices of seared Petite Tender, served with rustic-elegant grilled sweet potato polenta, apricot chutney and a little watercress salad. It's balanced, it's sustaining and it sends a simple, powerful message: satisfaction served all day.

THE DAWN OF A NEW POWER BREAKFAST.



SUNRISE STEAK

The Elements:


Sweet Potato Polenta: Place 2 lbs. garnet sweet potatoes in hotel pan with small amount of water; cover with foil. Bake at 350°F about 1 hour or until tender; cool. Cut in half; spoon out pulp and strain through tamis. In large pot, bring 8 cups milk and 1 cup water to a simmer. Add 2 cups finely ground polenta; whisk constantly until it thickens. Reduce heat; whisk in sweet potato purée and 2 Tbsp. brown sugar; season with kosher salt. Cook, whisking frequently, about 10 minutes or until polenta grains are soft throughout. Pour polenta into oiled half-hotel pan; smooth with spatula and cool completely. Unmold polenta onto cutting board and trim edges. Cut in thirds, lengthwise; cut each third into 8 slices and cut each slice into 2 triangles. Dust with flour; place on parchment-lined sheet pan in a single layer.

(Yield: 48 pieces)

Apricot Chutney: In nonreactive pot, bring 3 cups water, 2 cups diced dried apricots, 1 cup rice vinegar and 1 cup sugar to a boil. Reduce heat; simmer until liquid is syrupy and apricots are tender. (Yield: 1½ cups)

The Build:

Season 1 (4-oz.) Beef Petite Tender with kosher salt and pepper. Sear on all sides in 1 tsp. vegetable oil. Roast in 400°F oven until medium rare or desired doneness. Carve into ½-inch-thick slices. Fry 2 pieces Sweet Potato Polenta in 1 Tbsp. canola oil about 2 minutes per side or until crisp and golden. Season with kosher salt and pepper. Place polenta triangles overlapping on plate; arrange steak slices next to polenta. Spoon 1 Tbsp. Apricot Chutney over steak. Garnish with 1 cup watercress dressed with 1 tsp. olive oil, kosher salt and pepper.



Peruvian cuisine's a blend of ancient, modern, Latin and Asian. Take Lomo Saltado, for example. Strips of tender Ranch Steak stir-fried with peppers, onions, corn and purple potatoes, served over Spanish rice with tangy salsa criolla. It's a one-bowl Peruvian peak experience.

PERU. IT'S WHAT'S NEW.

LOMO SALTADO

The Elements:

Spanish Rice: In saucepan, heat $\frac{1}{2}$ cup vegetable oil. Add 8 cups long-grain rice; sauté over low heat until golden brown. Add 4 cups diced onions; sauté 2 minutes. Add 14 cups chicken stock, 1 cup tomato sauce, 1 tsp. dried oregano and 4 bay leaves; season with kosher salt. Bring to a simmer; cover and cook over low heat about 20 minutes or until liquid is absorbed. Stir in 4 cups thawed frozen peas. (Yield: 36 cups)

Stir-Fry Sauce: Heat 6 cups beef stock to a simmer. Mix 6 Tbsp. cornstarch with 6 Tbsp. water. Add to stock; simmer until syrupy. (Yield: 6 cups)

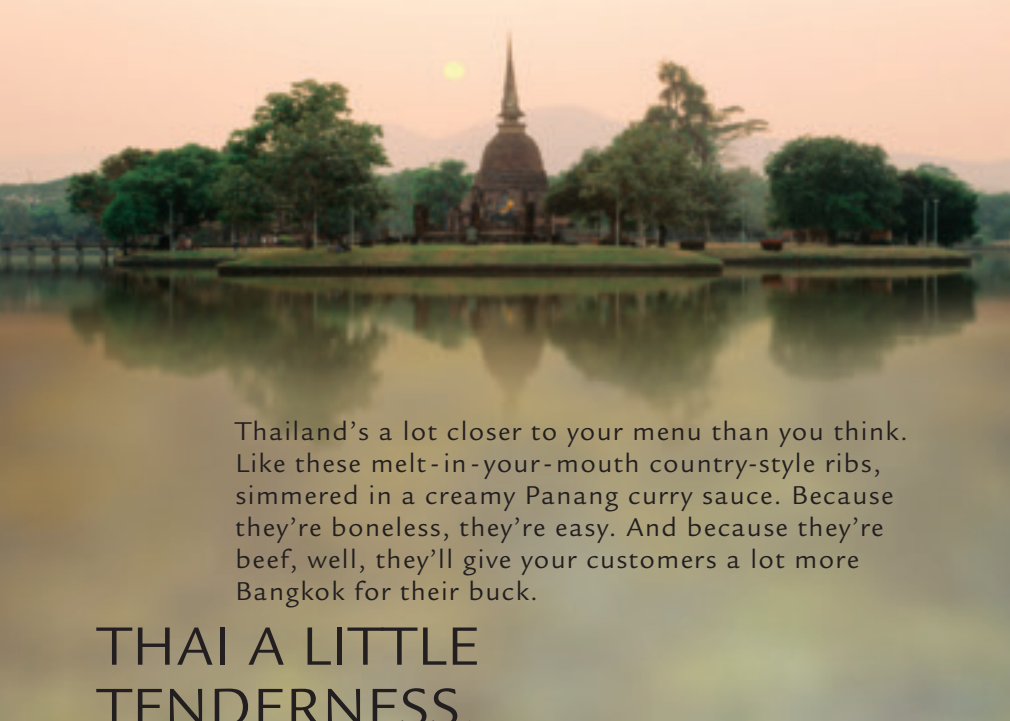
Salsa Criolla: Mix together 6 cups diced tomatoes, 3 cups diced red bell peppers, 3 cups diced yellow bell peppers, $1\frac{1}{2}$ cups diced red onions, $1\frac{1}{2}$ cups olive oil, 6 Tbsp. red wine vinegar and 1 tsp. kosher salt. (Yield: 12 cups)

Crema: Whisk together $1\frac{1}{2}$ cups mayonnaise, $1\frac{1}{2}$ cups sour cream, 3 Tbsp. sugar, 3 Tbsp. lemon juice and $\frac{3}{4}$ tsp. kosher salt. (Yield: 3 cups)

The Build:

Cut 1 (6-oz.) Ranch Steak into $\frac{1}{8}$ -inch strips; season with kosher salt and pepper. Stir-fry in 1 Tbsp. oil 1 to 2 minutes or until browned and no longer pink inside; remove from pan. Stir-fry $1\frac{1}{2}$ oz. each sliced onion and red and yellow bell pepper until vegetables are crisp-tender. Add $\frac{1}{4}$ cup corn kernels, 6 steamed purple potato quarters, $\frac{1}{4}$ cup Stir-Fry Sauce and reserved steak strips; stir-fry until heated through. Line bowl with cornhusks. Mound $1\frac{1}{2}$ cups Spanish Rice in bowl. Arrange stir-fry mixture on top. Garnish with $\frac{1}{2}$ cup Salsa Criolla, 2 Tbsp. Crema, 1 lime half and parsley sprigs.





Thailand's a lot closer to your menu than you think. Like these melt-in-your-mouth country-style ribs, simmered in a creamy Panang curry sauce. Because they're boneless, they're easy. And because they're beef, well, they'll give your customers a lot more Bangkok for their buck.

THAI A LITTLE TENDERNESS.



MANGO PANANG-O BEEF

The Elements:

Braised Boneless Country-Style Beef Ribs and Panang Curry Sauce: Season 12 lbs. Boneless Country-Style Beef Ribs with 4 tsp. pepper. In braising pan, heat $\frac{1}{2}$ cup vegetable oil; add 1 lb. Panang curry paste and sauté over low heat until fragrant. Stir in 8 cups coconut milk; simmer 2 to 3 minutes. Add 4 cups water, $1\frac{1}{2}$ cups fish sauce and $\frac{1}{4}$ cup palm sugar; stir until sugar dissolves. Add beef; bring to a simmer. Cover; cook in 325°F oven $1\frac{3}{4}$ to 2 hours. Cool. Remove meat; skim fat from braising liquid. Mix cornstarch and water, using 2 tsp. cornstarch and 2 tsp. water for each cup of liquid. Heat liquid; add cornstarch mixture and simmer until liquid thickens. Refrigerate beef and sauce separately. (Yield: 24 Braised Boneless Country-Style Beef Ribs and 18 cups Panang Curry Sauce)

Coconut Jasmine Rice: In rice cooker, combine 8 cups rinsed jasmine rice, 8 cups water, 4 cups coconut milk and 1 Tbsp. kosher salt. Cook following manufacturer's directions. (Yield: 24 cups)

Mango Salsa: Combine 8 cups diced mangoes, 4 cups diced tomatoes, 1 cup diced red onions, $\frac{3}{4}$ cup Thai sweet chili sauce, $\frac{1}{2}$ cup chopped cilantro and 6 Tbsp. minced jalapeño. Season with kosher salt. (Yield: 12 cups)

The Build:

Heat 4 to 5 oz. Braised Boneless Country-Style Beef Ribs in $\frac{3}{4}$ cup Panang Curry Sauce. Line bowl with banana leaf; place 1 cup Coconut Jasmine Rice on top. Arrange beef over rice; spoon sauce on top. Garnish with $\frac{1}{2}$ cup Mango Salsa, basil and mint chiffonade and toasted coconut.

STEAK. THE PERFECT CANVAS FOR THE SOUTHWEST FLAVOR PALETTE.

It stands tall and stands up to all the biggest, brightest and hottest flavors, from tomatillo salsa and ancho chiles to cilantro pesto and guacamole. It has elegance and eye appeal, and most of all, it eats like a million bucks. Meet the new Delmonico. Now appealing to palates everywhere.



PAINTED STEAK

The Elements:

Tomato Poblano Salsa: In blender, purée just until chunky 2 roasted, stemmed and seeded poblano peppers, 2 stemmed jalapeños, 3 1/2 lbs. canned tomatoes, 1/2 cup chopped cilantro, 1/2 cup diced onion, 2 tsp. sugar, 1 1/2 tsp. kosher salt, 1 tsp. dried oregano, 1 tsp. ground cumin and 1/4 tsp. pepper. (Yield: 4 cups)

Ancho Purée: Stem and seed 12 dried ancho chiles; lightly toast in dry skillet. Place in bowl; cover with boiling water by at least 1/4 inch. Steep 30 minutes. In blender, purée chiles with 1 1/2 Tbsp. kosher salt, 1 1/2 Tbsp. sugar and 1 tsp. ground cumin, adding enough soaking liquid to form a smooth purée with a saucelike consistency. (Yield: 3 cups)

Cilantro Pesto: In food processor, pulse to a coarse purée 1 cup olive oil, 3 oz. chopped cilantro, 1/4 cup coarsely chopped toasted pine nuts, 1 tsp. minced garlic, 1 tsp. kosher salt and 1/2 tsp. pepper. (Yield: 1 1/2 cups)

The Build:

Season 1 Delmonico Steak with 2 Tbsp. kosher salt, ground cumin, pepper and garlic powder; grill until medium rare or desired doneness. (Let steak rest a few minutes before removing string.) Heat 1/4 cup refried beans, thinning with water to a “paintable” consistency. “Paint” plate with beans, 2 Tbsp. Tomato Poblano Salsa, 2 Tbsp. prepared tomatillo salsa, 2 Tbsp. Ancho Purée, 2 Tbsp. guacamole and 1 Tbsp. Cilantro Pesto. Pile 1/2 cup fried tortilla strips in center of plate; place steak on top. Drizzle with 1 Tbsp. sour cream; garnish with cilantro sprigs.

POUTINE. PROTEIN, FRENCH-CANADIAN STYLE.

It's one of Québec's greatest contributions to satisfaction. Crispy potatoes topped with a touch of cheese sauce and tender Boneless Country-Style Beef Ribs braised in their own rich gravy. Think small plate or entrée, bar snack or shared app. Any way you serve it, it's time to start poutine on the ritz.



BRAISED BEEF POUTINE


The Elements:

Braised Boneless Country-Style Beef Ribs and Gravy: Season 12 lbs. Boneless Country-Style Beef Ribs with 2 Tbsp. kosher salt and 1 Tbsp. pepper. In braising pan, brown beef in $\frac{1}{2}$ cup vegetable oil. Add 6 cups diced onions, 4 cups diced celery, 4 cups diced carrots and $\frac{1}{4}$ cup chopped garlic; cook 3 to 5 minutes or until vegetables start to soften. Add 2 cups red wine; simmer until reduced by half. Add 2 quarts beef stock, 3 cups canned tomatoes with liquid, $\frac{1}{2}$ cup tomato paste and 6 bay leaves; bring to a simmer. Cover and cook in 325°F oven $1\frac{3}{4}$ to 2 hours. Cool; remove beef and cut into 1-inch pieces. Strain liquid; skim fat. Bring to a boil and reduce to 8 cups. Mix $\frac{1}{2}$ cup cornstarch and $\frac{1}{2}$ cup water; add to braising liquid and simmer until it thickens. Adjust seasoning. Refrigerate beef and gravy separately. (Yield: 18 cups Braised Boneless Country-Style Beef Ribs and 8 cups gravy)

Cheese Sauce: In saucepan, melt 4 oz. butter. Add $\frac{1}{2}$ cup flour; whisk over low heat 2 to 3 minutes. Slowly whisk in 4 cups milk; simmer until sauce thickens. Add $1\frac{1}{2}$ lbs. chopped Cheddar cheese curds, 2 tsp. kosher salt and $\frac{1}{2}$ tsp. garlic powder; stir gently until cheese melts. (Yield: 6 cups)

The Build:

Heat $\frac{3}{4}$ cup Braised Boneless Country-Style Beef Ribs in $\frac{1}{3}$ cup gravy. Mound 2 cups cooked french fries in a bowl; spoon $\frac{1}{4}$ cup Cheese Sauce on top. Spoon beef and gravy over Cheese Sauce; garnish with 1 tsp. grated Cheddar cheese and parsley sprigs.



From Morocco to Mykonos, the Mediterranean is famous for mezze—tasty bites with tantalizing flavors and textures. Want to add mezze to your menu mix? Top greens with a spiced chickpea salad, pita chips, cumin mayo and slices of fiery, harissa-rubbed Flat Iron Steak. Now you've got a salad with Moroc-star appeal.

MEZZE FOR MEATEATERS.



MEZZE-TERRANEAN STEAK SALAD

The Elements:

Moroccan Spice Blend: In spice blender, pulse to a coarse powder 3 Tbsp. Aleppo pepper, 2 Tbsp. pickling spice, 2 Tbsp. granulated garlic, 1 Tbsp. ground cumin, 1 Tbsp. dried oregano leaves, 1 Tbsp. dried mint, 1 Tbsp. kosher salt, 1½ tsp. ground cinnamon, 1 tsp. ground pepper, 1 tsp. dried savory and ¾ tsp. ground nutmeg. (Yield: ⅔ cup)

Chickpea Salad: Whisk together 2½ cups extra virgin olive oil, ⅔ cup red wine vinegar, 5 tsp. Dijon mustard, 5 tsp. sugar, 5 tsp. dried oregano and 2½ tsp. dry mustard. Add 20 cups drained and rinsed canned chickpeas, 10 cups diced cucumber, 10 cups diced tomatoes, 10 cups chopped green onions, 5 cups raisins, 2½ cups toasted pine nuts, 1¼ cups capers and ⅔ cup caper juice; mix gently. Sprinkle with ½ cup Moroccan Spice Blend and season with kosher salt; mix well. (Yield: 48 cups)

Cumin-Harissa Mayonnaise: Whisk together 3 cups mayonnaise, 6 Tbsp. water, 3 Tbsp. harissa, 1 Tbsp. ground cumin and 1 Tbsp. Dijon mustard. (Yield: 3½ cups)

The Build:

Season 1 (6-oz.) Flat Iron Steak with kosher salt; rub with 1 Tbsp. harissa. Grill until medium rare or desired doneness. Carve steak into strips. Mix 2 cups Chickpea Salad with 1 cup baked pita chips. Line bowl with romaine lettuce leaves; mound salad on top. Arrange steak over salad; serve with 2 Tbsp. Cumin-Harissa Mayonnaise on side. Garnish with cilantro sprigs.



MEET BANH MI. THE HOAGIE OF HANOI.

The sweet-savory flavors of Vietnam are on a roll, and suddenly banh mi sandwiches are a bona fide sensation. So try this: Layer a griddled baguette with claypot-style braised Boneless Country-Style Beef Ribs, crunchy pickled veggies, cucumber, jalapeño and a little mayo. Mmm. Vietna-meaty.



BEEF BANH MI

The Elements:

Braised Boneless Country-Style Beef Ribs: Season 12 lbs. Boneless Country-Style Beef Ribs with 2 Tbsp. kosher salt, 2 tsp. pepper and 2 tsp. garlic powder. In braising pan over low heat, combine $\frac{1}{2}$ cup dark brown sugar, $\frac{1}{2}$ cup fish sauce and 4 cups water; stir until sugar dissolves. Add beef, $\frac{1}{4}$ cup Chinese light soy sauce, 2 Tbsp. Chinese dark soy sauce, 2 Tbsp. thinly sliced garlic, 6 pieces thinly sliced galangal, 3 pieces thinly sliced ginger and 2 (4-inch) pieces lemongrass; bring to a simmer. Cover and cook in 325°F oven $1\frac{3}{4}$ to 2 hours. Cool; remove beef and cut into $\frac{3}{4}$ -inch pieces. Strain liquid; skim fat. Mix cornstarch and water, using 1 Tbsp. cornstarch and 1 Tbsp. water for each cup of liquid. Heat liquid; add cornstarch mixture and simmer until liquid thickens. Refrigerate beef and braising liquid separately. (Yield: 18 cups Braised Boneless Country-Style Beef Ribs and 8 cups sauce)

Pickled Carrots & Daikon: Cut $1\frac{1}{2}$ lbs. carrots and $1\frac{1}{2}$ lbs. daikon into thin ribbons. Mix with 1 Tbsp. kosher salt; let stand 30 minutes. Rinse and drain. In nonreactive bowl, combine $1\frac{1}{2}$ cups white vinegar, $1\frac{1}{2}$ cups sugar and $1\frac{1}{2}$ cups water; stir to dissolve sugar. Add carrots and daikon. Let sit at least 2 hours before using. (Yield: 12 cups)

Scallion Oil: Place $1\frac{1}{2}$ cups chopped green onions in stainless steel container. Heat $\frac{3}{4}$ cup vegetable oil until it smokes; pour over green onions. Cool before using. Do not strain. (Yield: $1\frac{1}{2}$ cups)

The Build:

Heat $\frac{3}{4}$ cup Braised Boneless Country-Style Beef Ribs in $\frac{1}{3}$ cup sauce. Split 1 banh mi roll, spread with 1 Tbsp. butter and toast on buttered side. Spread with 1 Tbsp. mayonnaise; top with $\frac{1}{2}$ cup Pickled Carrots & Daikon, $\frac{1}{4}$ cup sliced cucumber and 1 Tbsp. sliced jalapeño. Place beef on top; spoon sauce over beef. Drizzle with 1 Tbsp. Scallion Oil; garnish with cilantro sprigs and deep-fried lotus-root chips.

VERSATILE BEEF CUTS.

NEW DELMONICO STEAK

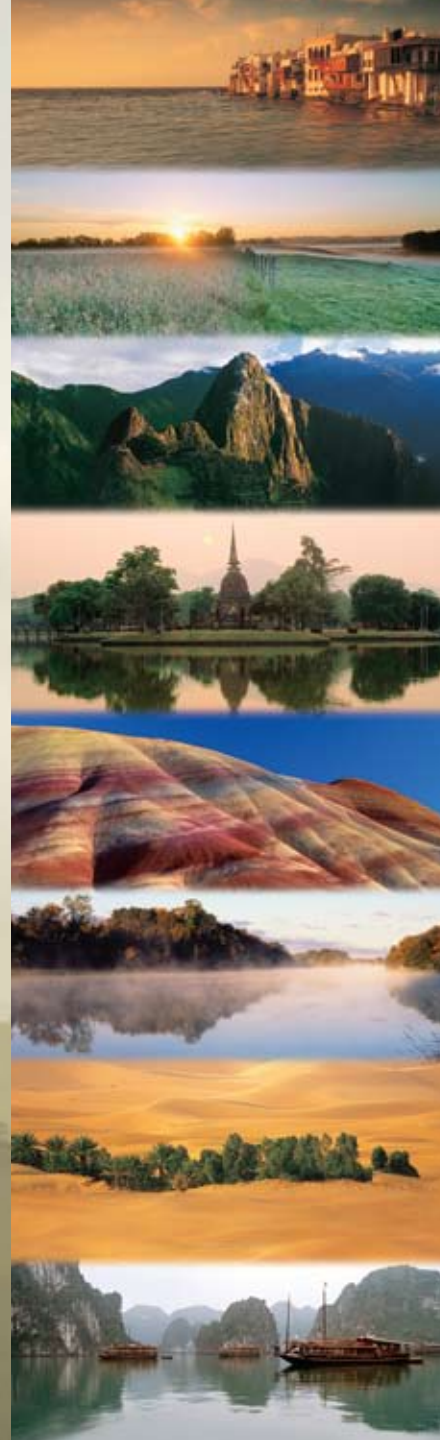
*(Boneless Beef Chuck Eye Steak, cut from the posterior end of IMPS/
NAMP 116D)*

- Cut from the Beef Chuck Eye Roll, this steak is an extension of the same muscle as the ribeye, and offers the same characteristics of moisture, tenderness and flavor. However, its unique properties are shown to best advantage using slightly different preparation and cooking methods.
- *Tying* - Tie with butcher's twine to hold circular shape similar to that of a ribeye filet.
- *Cooking* - Pan-broil or cook on flat-top grill to maintain best shape and appearance.
- *Medium heat* - Best when prepared using medium, indirect heat (rather than high heat or open flame).
- Recommendations for ordering: aged 14 days; Upper-²/₃ "Choice".

BONELESS COUNTRY-STYLE BEEF (CHUCK) RIBS

(Cut from IMPS/NAMP 116D)

- Meaty, tender short-rib flavor without the bones, reducing labor and waste.
- Flavorful and juicy.
- Pre-cut for easy portion control and handling.
- Braise, pan-broil or pre-braise and then finish on grill or in sauté pan for added flavor and texture.
- Ideal as a boneless rib or BBQ entrée.
- Once cooked, can be shredded or cut into pieces for appetizers, sandwiches, wraps, salads, pizza toppings, pasta sauces and "pulled" BBQ applications.
- Recommendations for ordering: aged 14 days; Upper-²/₃ "Choice".



BEEF PETITE TENDER

*IMPS/NAMP 114F, PSO1 BEEF SHOULDER “PETITE” TENDER
(WHOLE, DENUDED)*

[Note: 114F Purchasing Specification Option 1 is a code change that was reflected in the 2006 edition of the “Meat Buyers Guide” published by the North American Meat Processors Association (NAMP).]

- A tender, juicy muscle that rests on the shoulder near the top blade
- Prepare and serve whole, cut across the grain into medallions or slice for ingredient use
- Serve as a petite roast; can be merchandised to serve two
- Best when cooked to medium rare to medium doneness
- Portion as medallions and grill, pan-broil or sauté like Filet Mignon
- Tender and flavorful; slice thin for sandwiches, salads and pastas

FLAT IRON STEAK

*IMPS/NAMP 114D, PSO1 BEEF SHOULDER, TOP BLADE
“FLAT IRON” STEAK (IM)*

- Juicy, flavorful and well-marbled
- Grill or pan-broil, just as you would a Strip or Ribeye Steak
- Resembles a Flank Steak in shape
- Slice into strips and marinate for ingredient use
- Grill and slice thin for salads, sandwiches, fajitas and tacos
- Second most tender muscle in beef carcass
- Best when cooked to medium rare to medium doneness

RANCH STEAK

IMPS/NAMP 114E, PSO1 BEEF SHOULDER, ARM “RANCH” STEAK

- Similar in flavor and texture to Top Sirloin
- Ideal as a breakfast or luncheon steak
- Use as part of a dinner combo plate
- Quick-cooking and great on the grill
- Slice into strips for stir-fries or skewers
- Cut into cubes and marinate for kabobs
- Best when cooked to medium rare to medium doneness

BEEF: A BIG NUTRITION STORY.

Healthy menu options are here to stay. That’s great news for beef, because it’s packed with important nutrients and can be part of a healthy diet.

ZIP + B

This acronym is an easy way to remember the most important nutrients found in beef: Zinc, Iron, Protein and B vitamins.

Beef Nutrient Equivalents

Zinc: 3 oz. Beef = 40¹/₂ oz. salmon

B₁₂: 3 oz. Beef = 22¹/₂ oz. skinless chicken breast

Iron: 3 oz. Beef = 2³/₄ cups raw spinach

Riboflavin: 3 oz. Beef = 13¹/₂ oz. white tuna meat

B₆: 3 oz. Beef = 6¹/₂ cups raw spinach

For more beef nutrition information, visit www.beefnutrition.org

For more information, contact
Foodservice Marketing
National Cattlemen's Beef Association
www.beeffoodservice.com



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The Beef
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