



STEAK FACTS

BY: RASTELLI DIRECT

STAYING FIT DOESN'T MEAN YOU CAN'T EAT STEAK

When trying to stay fit it can be hard to determine which steak is the best for your diet. Here you will see which steaks are the leanest and the fattest per serving size.

- Steak is filled with protein
- Great for muscle growth
- High in vitamin B-12 and iron
- Keeps red blood cells healthy
- Boosts your immune system



SIRLOIN TIP STEAK

- Very lean and flavorful
- 39 grams of protein
- 206 calories
- 5 grams of fat
- 2 grams of saturated fat



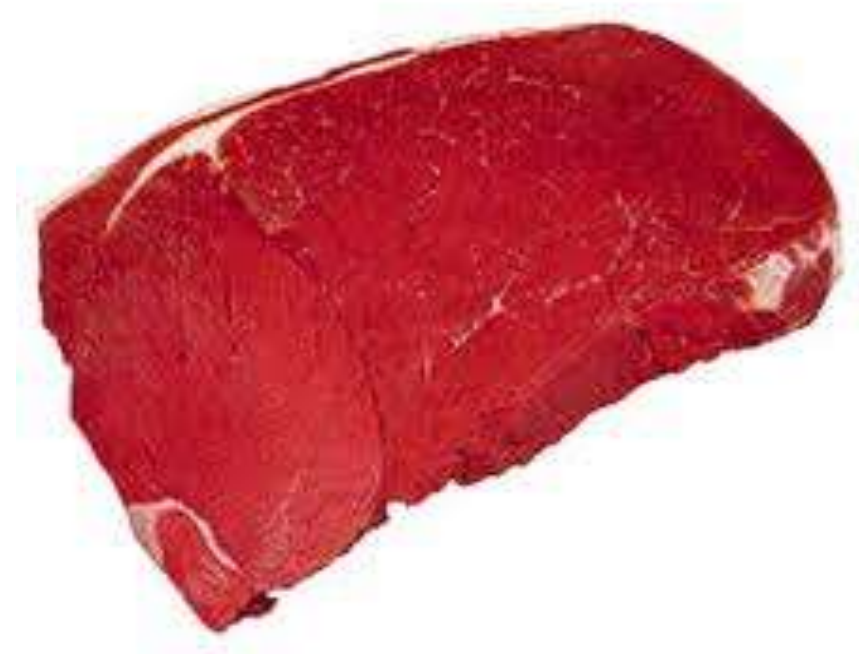
EYE OF ROUND STEAK

- Tough and less juicy
- 50 grams of protein
- 276 calories
- 7 grams of fat
- 2 grams of saturated fat



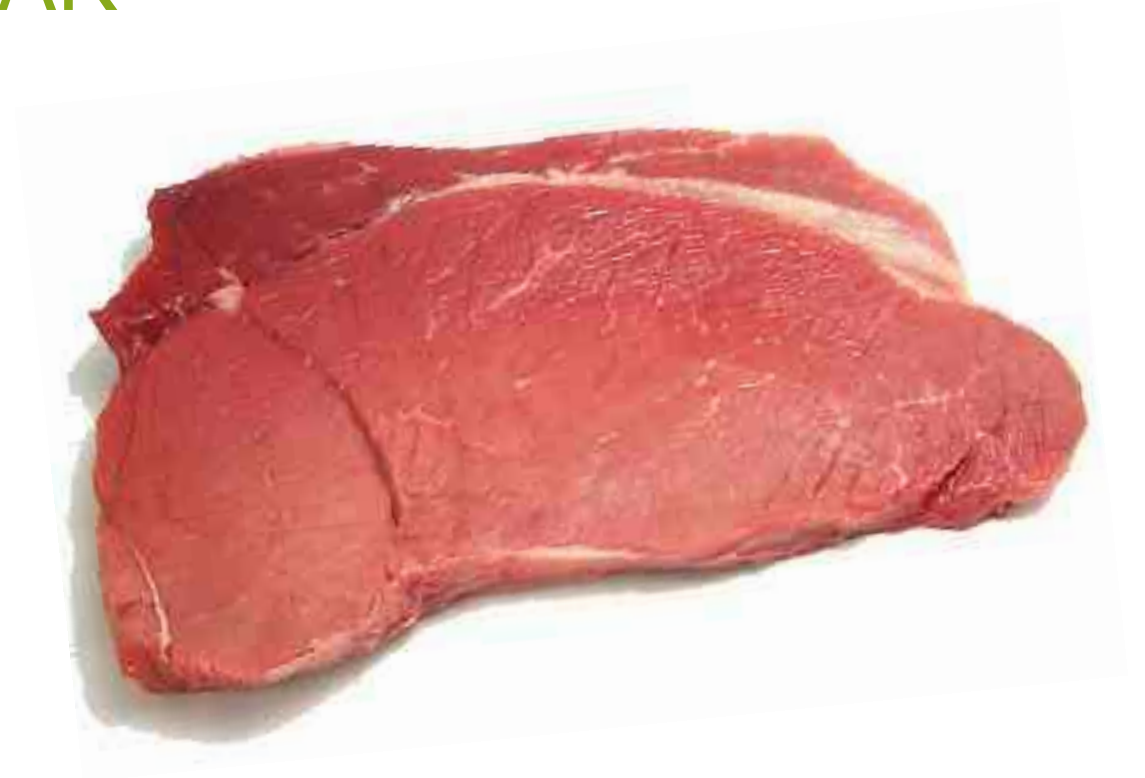
TOP ROUND STEAK

- Very flavorful and tender
- 37 grams of protein
- 240 calories
- 8 grams of fat
- 3 grams of saturated fat



BOTTOM ROUND STEAK

- Tough cut of meat, needs seasoning
- 47 grams of protein
- 300 calories
- 11 grams of fat
- 4 grams of saturated fat



TOP SIRLOIN

- Tough cut of meat, very flavorful
- 52 grams of protein
- 316 calories
- 11 grams of fat
- 4 grams of saturated fat



PORTERHOUSE STEAK

- Expensive but very flavorful
- 47 grams of protein
- 346 calories
- 16 grams of fat
- 7 grams of saturated fat



FLAP STEAK

- Flavorful but chewy
- 33 grams of protein
- 240 calories
- 12 grams of fat
- 4 grams of saturated fat



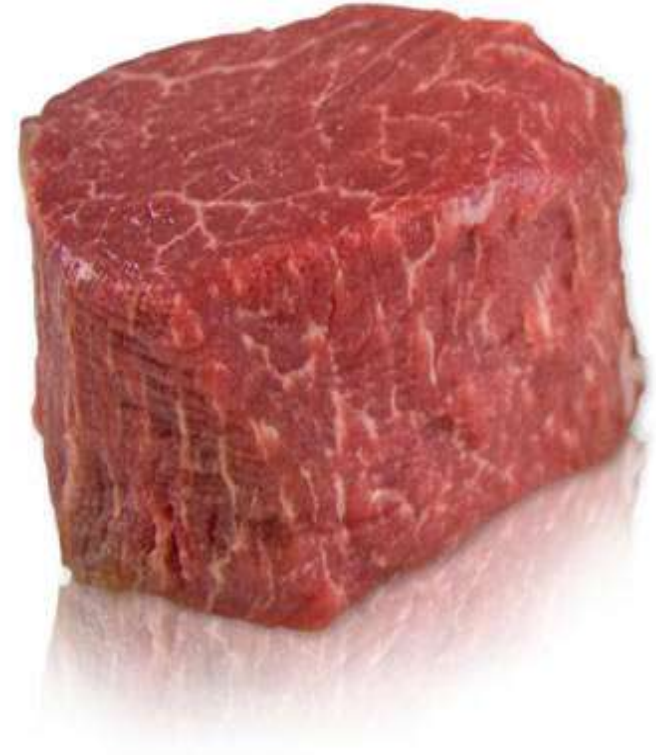
NEW YORK STRIP STEAK

- Very tough
- 46 grams of protein
- 360 calories
- 18 grams of fat
- 6 grams of saturated fat



FILET MIGNON

- Very tender and flavorful
- 48 grams of protein
- 348 calories
- 16 grams of fat
- 6 grams of saturated fat



T-BONE STEAK

- Very tender
- 33 grams of protein
- 376 calories
- 26 grams of fat
- 11 grams of saturated fat



RIB EYE STEAK

- Flavorful and tender
- 30 grams of protein
- 466 calories
- 38 grams of fat
- 15 grams of saturated fat





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