

COOKING TIP: For best results, grill or broil leg steak approximately 4 inches from heat for 10-15 minutes, turning over halfway through.

SUGGESTED SEASONINGS: Garlic • Lemon Pepper • Olive Oil • Mint • Lemon Juice • Oregano • Basil • Worcestershire Sauce • Dijon Mustard • Rosemary

Try our Grilled Leg Steaks with Lemon Pepper recipe at www.superiorfarms.com.

Lamb Leg Steak

Nutrition Facts

Serving Size 4 oz. (113g)

Servings Per Container: varied

Calories 140

Calories from Fat 45

*Percent Daily Values are based on a 2000 calorie diet.

Amount Per Serving	% DV*	Amount Per Serving	% DV*
Total Fat 5g	8%	Total Carbohydrate 0g	0%
Saturated Fat 2g	10%	Dietary Fiber 0g	0%
Cholesterol 75mg	25%	Sugars 0g	
Sodium 70mg	3%	Protein 23g	
Vitamin A 0%	•	Vitamin C 0%	•
Calcium 2%	•	Iron 10%	•