

RTB Spa Complete Protein Guide - Meat Cuts Edition

Updated: February 7, 2025

BEEF CUTS GUIDE & NUTRITION FACTS

PREMIUM CUTS

1. Ribeye Steak (4 oz / 113g)

- Calories: 290
- Protein: 24g
- Fat: 22g
- Iron: 15% DV
- Zinc: 45% DV
- Best for: Grilling, pan-searing
- Marbling: High
- Tenderness: High

2. Filet Mignon (4 oz / 113g)

- Calories: 220
- Protein: 26g
- Fat: 12g
- Iron: 15% DV
- Zinc: 40% DV
- Best for: Pan-searing, grilling
- Marbling: Moderate
- Tenderness: Highest

LEAN CUTS

3. Top Sirloin (4 oz / 113g)

- Calories: 180
- Protein: 25g
- Fat: 8g
- Iron: 15% DV
- Zinc: 40% DV
- Best for: Grilling, broiling
- Marbling: Low
- Tenderness: Moderate

4. Eye of Round (4 oz / 113g)

- Calories: 140
- Protein: 27g
- Fat: 4g
- Iron: 15% DV
- Zinc: 37% DV
- Best for: Roasting, stir-frying
- Marbling: Very low
- Tenderness: Low

5. Flank Steak (4 oz / 113g)

- Calories: 160
- Protein: 23g
- Fat: 6g
- Iron: 20% DV
- Zinc: 35% DV
- Best for: Grilling, broiling

- Marbling: Low
- Tenderness: Moderate

BUDGET-FRIENDLY CUTS

6. Chuck Roast (4 oz / 113g)

- Calories: 210
- Protein: 24g
- Fat: 13g
- Iron: 18% DV
- Zinc: 42% DV
- Best for: Slow cooking, braising
- Marbling: Moderate
- Tenderness: Low (becomes tender when slow-cooked)

7. Bottom Round (4 oz / 113g)

- Calories: 160
- Protein: 27g
- Fat: 5g
- Iron: 15% DV
- Zinc: 37% DV
- Best for: Roasting, slow cooking
- Marbling: Low
- Tenderness: Low

SPECIALTY CUTS

8. Skirt Steak (4 oz / 113g)

- Calories: 190

- Protein: 22g
- Fat: 11g
- Iron: 20% DV
- Zinc: 35% DV
- Best for: Grilling, fajitas
- Marbling: Moderate
- Tenderness: Moderate

9. Flat Iron Steak (4 oz / 113g)

- Calories: 180
- Protein: 23g
- Fat: 9g
- Iron: 20% DV
- Zinc: 35% DV
- Best for: Grilling, pan-searing
- Marbling: High
- Tenderness: High

COOKING METHODS BY CUT

1. High-Heat Methods (Grilling/Broiling)

- Ribeye
- Filet Mignon
- Top Sirloin
- Flat Iron
- Flank Steak

2. Slow-Cooking Methods

- Chuck Roast
- Bottom Round
- Brisket

3. Versatile Cuts

- Top Sirloin
- Flank Steak
- Skirt Steak

TIPS FOR SELECTING CUTS

- Look for marbling appropriate to cut
- Check color (bright red for fresh)
- Consider intended cooking method
- Match cut to recipe requirements
- Consider price per serving

STORAGE RECOMMENDATIONS

- Refrigerate at 40°F or below
- Use within 3-5 days of purchase
- Freeze up to 6-12 months
- Wrap tightly in freezer paper
- Label with date and cut name

PREPARATION TIPS

- Bring meat to room temperature before cooking
- Pat dry before cooking
- Season appropriately

- Let rest after cooking
- Cut against the grain

NUTRITIONAL CONSIDERATIONS

- Higher fat cuts: Limit portion size
- Leaner cuts: May need added fats when cooking
- All cuts: Excellent source of protein
- Consider overall daily fat intake
- Balance with other protein sources

Note: DV = Daily Value based on a 2,000-calorie diet

All values are approximate and may vary by grade and preparation method.

RTB Spa

14511 Old Katy Rd, Suite 232

Houston, TX 77079

Phone: 713-322-6640

Website: www.rtbspa.com