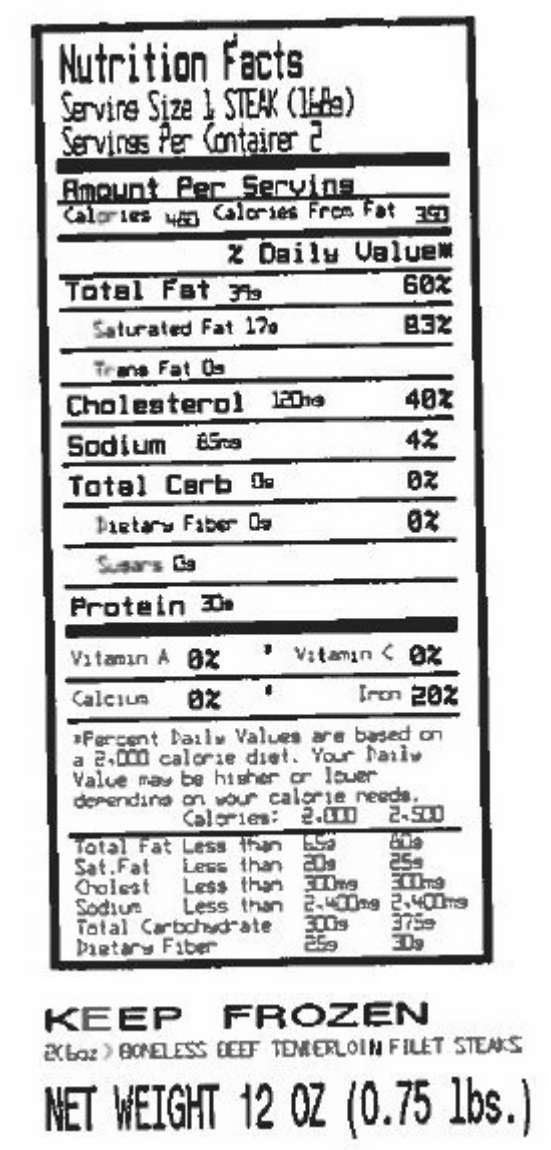
NUTRITIONAL FACTS

THE KANSAS CITY STEAK COMPANY

2 (6oz) Filet Mignon



Nutrition Facts

Servire Size 1 STEAK (1[illegible])

Servings Per Container 2

Amount Per Serving	
Calories 480 Calories From Fat 350	
	% Daily Value*
Total Fat 39g	60%
Saturated Fat 17g	83%
Trans Fat 0g	
Cholesterol 120mg	40%
Sodium 85mg	4%
Total Carb 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 30g	
Vitamin A 0% • Vitamin C 0%	
Calcium 0% • Iron 20%	

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Value may be higher or lower depending on your calorie needs.

Calories:	2,000	2,500
Total Fat	Less than 65g	80g
Sat.Fat	Less than 20g	25g
Cholest	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate		300g 375g
Dietary Fiber		25g 30g

KEEP FROZEN

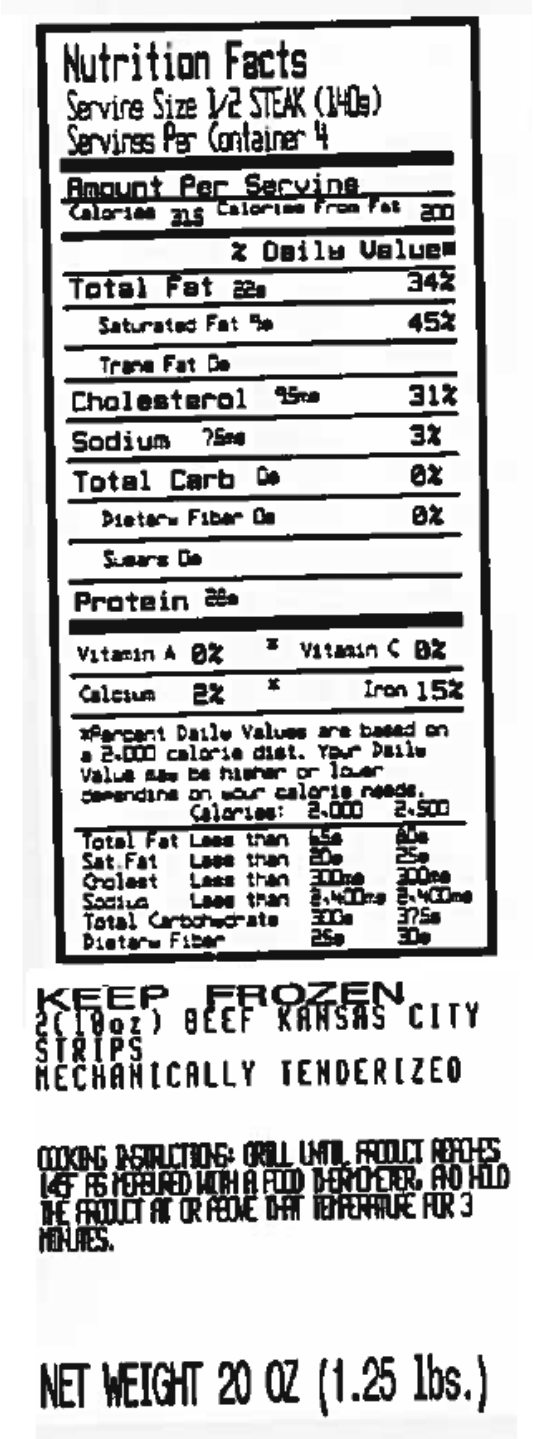
2(6oz) BONELESS BEEF TENDERLOIN FILET STEAKS

NET WEIGHT 12 OZ (0.75 lbs.)

NUTRITIONAL FACTS

THE KANSAS CITY STEAK COMPANY

2 (10oz) Kansas City Strips



Nutrition Facts
Servire Size 1/2 STEAK (140g)
Servings Per Container 4

Amount Per Serving
Calories 215 Calories From Fat 200

	% Daily Value*
Total Fat 22g	34%
Saturated Fat 9g	45%
Trans Fat 0g	
Cholesterol 95mg	31%
Sodium 75mg	3%
Total Carb 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 28g	

Vitamin A 0% * Vitamin C 0%
Calcium 2% * Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Value may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat.Fat	Less than	20g	25g
Cholest	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

KEEP FROZEN
2(10oz) BEEF KANSAS CITY STRIPS
MECHANICALLY TENDERIZED

COOKING INSTRUCTIONS: GRILL UNTIL PRODUCT REACHES 145° FS MEASURED WITH A FOOD THERMOMETER, AND HOLD THE PRODUCT AT OR ABOVE THAT TEMPERATURE FOR 3 MINUTES.

NET WEIGHT 20 OZ (1.25 lbs.)