

NUTRITIONAL FACTS

THE KANSAS CITY STEAK COMPANY

4 (10oz) Kansas City Strips

Nutrition Facts	
Serving Size 1/2 STEAK (147g)	
Servings Per Container 8	
Amount Per Serving	
Calories 315	Fat cal 200
% Daily Value*	
Total Fat 22g	34%
Saturated Fat 9g	45%
Cholesterol 55mg	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 65g
Sat. Fat Less than	20g 25g
Cholest Less than	300mg 300mg
Sodium Less than	2,400mg 2,400mg
Total Carbohydrate	30g 375g
Dietary Fiber	25g 30g

KEEP FROZEN

4 (10oz) BEEF KANSAS CITY STRIPS

NET WEIGHT 40 OZ (2.50 lbs.)

NUTRITIONAL FACTS

THE KANSAS CITY STEAK COMPANY

4 (7oz) Boneless Skinless Chicken Breasts

Nutrition Facts	
Serving Size 1 BREAST (196g)	
Servings Per Container 4	
Amount Per Serving	
Calories 180	Calories From Fat 15
% Daily Value*	
Total Fat 2g	3%
Saturated Fat .5g	2%
Trans Fat 0g	
Cholesterol 95mg	32%
Sodium 840mg	35%
Total Carb 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 37g	
Vitamin A 0%	* Vitamin C 4%
Calcium 2%	* Iron 8%
*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
4(7oz) BONELESS SKINLESS
CHICKEN BREAST

CONTAINS UP TO 19% OF A
SOLUTION OF WATER, SALT,
SODIUM CITRATE AND
POTASSIUM PHOSPHATE

NET WEIGHT 28 OZ (1.75 lbs.)

NUTRITIONAL FACTS

THE KANSAS CITY STEAK COMPANY

8 (4.5oz) Classic Steakburgers

Nutrition Facts	
Serving Size 4.5 OUNCES (128g)	
Servings Per Container 8	
Amount Per Serving	
Calories 310 Calories From Fat 220	
% Daily Value*	
Total Fat	24g 37%
Saturated Fat	9g 45%
Trans Fat	1.5g
Cholesterol	85mg 28%
Sodium	85mg 4%
Total Carbohydrate	0g 0%
Dietary Fiber	0g 0%
Sugars	0g
Protein	22g
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
8(4.5oz) CLASSIC BEEF STEAKBURGERS
INGREDIENTS: BEEF, NATURAL FLAVORS
NET WEIGHT 36 OZ (2.25 lbs.)