

NUTRITIONAL FACTS

THE KANSAS CITY STEAK COMPANY

1 (32oz) Tenderloin Roast w/ Traditional Rub

Nutrition Facts	
Serving Size 4 OUNCES (112g)	
Servings Per Container 8	
Amount Per Serving	
Calories 170	Calories From Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 65mg	22%
Sodium 560mg	23%
Total Carb 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 24g	
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

1 (32oz) BEEF TENDERLOIN
ROAST WITH A TRADITIONAL
SAVORY RUB

INGREDIENTS: BEEF, RUBBED WITH: SALT, YEAST
EXTRACT, DEHYDRATED GARLIC, MALTODEXTRIN, SPICES,
MOLASSES, SUGAR, WHEAT STARCH, CARMEL COLOR,
ONION POWDER, PEPPERCORN, SOY FLOUR, HYDROLYZED SOY
LECTIN, NOT MORE THAN 2% SILICONE DIOXIDE ADDED
TO PREVENT CAKING.

CONTAINS: SOY AND WHEAT

NET WEIGHT 32 OZ (2.00 lbs.)

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1 (30oz) tray Creamed Spinach

Nutrition Facts	Amount/serving	%DV*	Amount/serving	%DV*
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Serv. Size 1/2 cups (128g)	Total Fat 21g	32%	Total Carb. 9g	3%
Serv. Per Cont. about 6	Sat. Fat 13g	64%	Fiber 2g	7%
Calories 240	<i>Trans</i> Fat 0g		Sugars 1g	
Fat Cal. 180	Cholest. 60mg	19%	Protein 7g	
	Sodium 400mg	16%		
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*Percent Daily Values (DV) are based on a 2,000 calorie diet.	Vitamin A 130% • Vitamin C 20% • Calcium 15% • Iron 6%			

INGREDIENTS: Half and Half (Milk, Cream), Spinach, Unsalted Butter (Cream), Yellow Onion, Rice Flour, Asiago Cheese (Milk, Cheese Cultures, Salt, Enzymes), Parmesan Cheese (Pasteurized Part Skim Milk, Cheese Culture, Salt, Enzymes), Mozzarella Cheese (Pasteurized Part-Skim Milk, Cheese Cultures, Salt, Rennet, Natamycin), Panko Bread Crumbs (Bleached Wheat Flour, Dextrose, Yeast, Salt), Salt, Nutmeg, Black Pepper, Cayenne Pepper

CONTAINS: MILK, WHEAT

NUTRITIONAL FACTS

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6 (5oz) Sour Cream & Chive Twice Baked Potatoes

Nutrition Facts			
Serving Size 5 oz (142g)			
Servings per Container 48			
Amount per Serving			
Calories 200		Calories from Fat 90	
% Daily Value*			
Total Fat 10g			15%
Saturated Fat 5g			24%
Trans Fat 0g			
Cholesterol 20mg			6%
Sodium 470mg			19%
Total Carbohydrate 24g			8%
Dietary Fiber 2g			9%
Sugars 2g			
Protein 4g			
Vitamin A 8%		Vitamin C 20%	
Calcium 6%		Iron 4%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values 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
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram			
	Fat	9	Carbohydrates 4 • Protein 4