

NUTRITIONAL FACTS

THE KANSAS CITY STEAK COMPANY

8 (5oz) Top Sirloin Steaks

Nutrition Facts	
Serving Size 1 STEAK(142g)	
Servings Per Container 8	
Amount Per Serving	
Calories 270	Fat Calories 140
% Daily Value*	
Total Fat 16g	25%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 100mg	33%
Sodium 75mg	3%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 28g	
Vitamin A 0% ■ Vitamin C 0%	
Calcium 4% ■	Iron 10%
*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(5oz) BEEF TOP SIRLOIN STEAKS
FREE SEASONING PACKET ENCLOSED
NET WEIGHT 40 OZ (2.50 lbs.) SM



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(8) 5 oz. Sour Cream and Chive Twice Baked Potatoes

Nutrition Facts	
Serving Size 5 oz (142g)	
Servings Per Container 8	
Amount Per Serving	
Calories 200	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 5g	25%
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 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
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 • Carbohydrate 4 • Protein 4	

8 (5 OZ) SOUR CREAM, CHEDDAR AND CHIVE TWICE BAKED POTATOES
INGREDIENTS: BAKED POTATO, SOUR CREAM (CULTURED PASTEURIZED MILK AND CREAM, WHEY, MODIFIED CORN STARCH, SODIUM PHOSPHATE, GUAR GUM, CARRAGEENAN, CALCIUM SULFATE, CULTURED DEXTROSE, POTASSIUM SORBATE [PRESERVATIVE], LOCUST BEAN GUM), CHEDDAR CHEESE (CULTURED PASTEURIZED MILK, SALT, ENZYMES, ANNATO [COLOR]), WATER, BUTTER (CREAM, SALT), MARGARINE (LIQUID AND HYDROGENATED SOYBEAN OIL, WATER, SALT, VEGETABLE MONO AND DIGLYCERIDES, SOY LECITHIN, SODIUM BENZOATE [PRESERVATIVE], NATURAL AND ARTIFICIAL FLAVOR, BETA CAROTENE [COLOR], VITAMIN A PALMITATE ADDED), SALT, XANTHAN GUM, ONION POWDER, CHIVES, WHITE PEPPER.
CONTAINS: MILK, SOY

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(8) 5 oz Bacon Cheddar Twice Baked Potatoes

Nutrition Facts	
Serving Size 5 oz. (142g)	
Servings Per Container 8	
Amount Per Serving	
Calories 190	Calories from Fat 70
% Daily Value*	
Total Fat 8g	13%
Saturated Fat 4g	19%
Trans Fat 0g	
Cholesterol 20mg	5%
Sodium 390mg	16%
Total Carbohydrate 25g	8%
Dietary Fiber 2g	9%
Sugars 2g	
Protein 5g	
Vitamin A 6%	Vitamin C 25%
Calcium 6%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet.	

KEEP FROZEN

8 (5oz) TWICE BAKED BACON CHEDDAR POTATO

INGREDIENTS: BAKED POTATO, SOUR CREAM (CULTURED PASTEURIZED MILK AND CREAM, WHEY, MODIFIED CORN STARCH, SODIUM PHOSPHATE, GUAR GUM, CARRAGEENAN, CALCIUM SULFATE, CULTURED DEXTROSE, POTASSIUM SORBATE (PRESERVATIVE), LOCUST BEAN GUM), CHEDDAR CHEESE (CULTURED PASTEURIZED MILK, SALT, ENZYMES, AND ANNATTO (COLOR)), FULLY COOKED BACON (CURED WITH WATER, SALT, SUGAR, SODIUM ERYTHORBATE, SODIUM NITRITE, MAY CONTAIN POTASSIUM CHLORIDE, DEXTROSE, SMOKE FLAVORING, SODIUM PHOSPHATES, HONEY, POTASSIUM LACTATE, SODIUM DIACETATE, FLAVORING), WATER, BUTTER (CREAM, SALT), MARGARINE (LIQUID AND HYDROGENATED SOYBEAN OIL, WATER, SALT, VEGETABLE MONO & DIGLYCERIDES, SOY LECITHIN, SODIUM BENZOATE (PRESERVATIVE), NATURAL AND ARTIFICIAL FLAVOR, BETA CAROTENE (COLOR), VITAMIN A PALMITATE ADDED), SALT, XANTHAN GUM, ONION POWDER, CHIVES, WHITE PEPPER.

CONTAINS: MILK, SOY.

NET WEIGHT 40 oz (2.50 lbs)