

# NUTRITIONAL FACTS

THE KANSAS CITY STEAK COMPANY

16 (8oz) Classic Steakburgers

Nutrition Facts	
Serving Size 4 OUNCES(112g)	
Servings Per Container 16	
Amount Per Serving	
Calories 280 Calories From Fat 190	
% Daily Value*	
Total Fat 22g	34%
Saturated Fat 8g	40%
Trans Fat 1.5g	
Cholesterol 80mg	27%
Sodium 75mg	3%
Total Carb 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 20g	
Vitamin A 0% • Vitamin C 0%	
Calcium 2% • Iron 18%	
*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 2,600
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(8oz) CLASSIC BEEF STEAKBURGERS  
INGREDIENTS: BEEF

NET WEIGHT 4.00 lbs.

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## Original Steak Seasoning Packet



ESTABLISHED 1932  
THE Kansas City STEAK COMPANY

★★★★★  
ORIGINAL  
TASTE. IT MATTERS.

### STEAK SEASONING

Our seasoning mixture is a delicious combination of spices that enhances the flavor of your steaks, prime rib, roasts, steakhamburgers and chicken.

Bring meat to room temperature. Sprinkle on seasoning to taste. Sear over maximum heat. On charcoal grill: 1 minute each side. On gas grill: 2 minutes each side. Reduce heat to medium. Grill to taste.

<b>RARE</b> 120°F-130°F 7 MIN. > FLIP, 7 MIN.	<b>MED. RARE</b> 130°F-140°F 9 MIN. > FLIP, 7 MIN.	<b>MEDIUM</b> 140°F-150°F 9 MIN. > FLIP, 9 MIN.
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We recommend using a cooking thermometer to accurately measure the internal temperature.

**CHARCOAL PREPARATION**

- ★ Mound charcoal, ignite using a lighter or an electric starter.
- ★ Allow charcoal to burn until it is completely gray which assures your fire is at maximum heat.
- ★ Close or cover the grill while grilling but leave all air vents open.
- ★ The ideal distance between the grill and charcoal is 3 inches. If your grill cannot be adjusted, it may be necessary to alter grilling times shown.

**Nutrition Facts**  
Serving Size 1/4 tsp (0.8g)  
Servings: About 35

Amount Per Serving	Calories 0	Calories from Fat 0	% Daily Value*
Total Fat 0g			0%
Sodium 200mg			8%
Total Carbohydrate 0g			0%
Protein 0g			


\*Percent Daily Values are based on a 2,000 calorie diet.

**INGREDIENTS:** SALT, SPICES, DEHYDRATED GARLIC, TRICALCIUM PHOSPHATE (ANTI CAKES).

Distributed by: The Kansas City Steak Company, Kansas City, KS 66106  
kansascitysteaks.com 800 524 1844

**GRILLING TIPS**

- ★ Grilling success is achieved by using direct and indirect heat. Whether using a gas, charcoal or wood fire grill, the technique is the same. First, sear the meat over direct heat (maximum heat). Then, place over indirect heat (reduced heat) for the remainder of the cooking time.
- ★ When preparing meat for the grill, avoid cutting it or piercing it with a fork. This causes the meat to lose natural juices and flavor.



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# STEAK SEASONING

★★★★★  
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NET WT. 1 oz. (28g)