

# NUTRITIONAL FACTS

KANSAS CITY STEAK COMPANY

## 2-oz Beef Tenderloin Medallions

Nutrition Facts	
Serving Size 4 OUNCES (113g)	
Servings Per Container 6	
Amount Per Serving	
Calories 320 Calories From Fat 230	
% Daily Value*	
Total Fat	26g 40%
Saturated Fat	11g 53%
Trans Fat	0g
Cholesterol	80mg 27%
Sodium	55mg 2%
Total Carb	0g 0%
Dietary Fiber	0g 0%
Sugars	0g
Protein	20g
Vitamin A	0% Vitamin C 0%
Calcium	0% 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  
12(2oz) BEEF TENDERLOIN MEDALLIONS

NET WEIGHT 24 OZ (1.50 lbs.)

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## Original Steak Seasoning Packet



**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, steakburgers 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>	<b>MED. RARE</b>	<b>MEDIUM</b>
120°F-130°F	130°F-140°F	140°F-150°F
7 MIN. >	9 MIN. >	9 MIN. >
FLIP, 7 MIN.	FLIP, 7 MIN.	FLIP, 9 MIN.

We recommend using a cooking thermometer to accurately measure the internal temperature.

#### 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.

#### 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.

#### 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.

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