

NUTRITIONAL FACTS

Emeril

8 (5.33oz) Classic Steakburgers

Nutrition Facts	
Serving Size 1 BURGER (5.33oz/151g)	
Servings Per Container 8	
Amount Per Serving	
Calories 380	Calories from Fat 270
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% Daily Value*	
Total Fat 30g	46%
Saturated Fat 11g	55%
Trans Fat 2g	
Cholesterol 105mg	35%
Sodium 100mg	4%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 26g	48%
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Vitamin A 0%	• Vitamin C 0%
Calcium 2%	• Iron 15%
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*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
Saturated 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
Protein	50g 65g
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Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

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1 (3.72oz) Emeril's BAM Burger Seasoning Shaker

Nutrition Facts	
about 23 servings per container	
Serving Size	1 1/2 tsp. (4.5g)
Amount per serving	
Calories	10
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 400mg	17%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D	0%
Calcium 41mg	4%
Iron 2mg	10%
Potassium	0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients

Dried Garlic, Sea Salt, Dried Onion, Dried Red And Green Bell Peppers, Black Pepper, Dried Celery, Calcium Carbonate, Silicon Dioxide (To Prevent Caking), Crushed Red Pepper, Natural Flavor, Paprika, Soybean Oil.

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Original Steak Seasoning Packet




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 THE *Kansas City* STEAK COMPANY



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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.

RARE 120°F-130°F 7 MIN. > FLIP, 7 MIN.	MED. RARE 130°F-140°F 9 MIN. > FLIP, 7 MIN.	MEDIUM 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.

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.

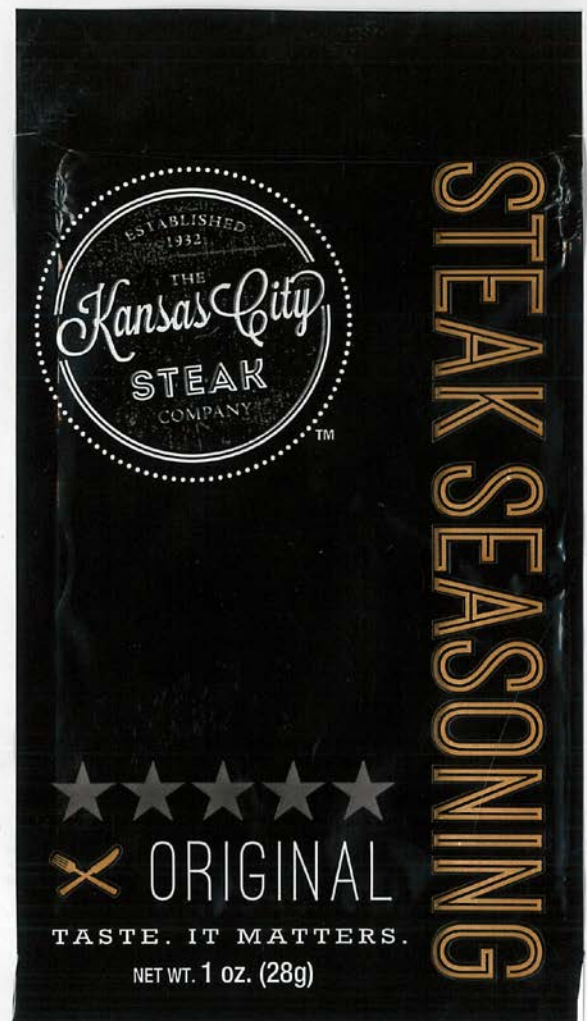
Nutrition Facts
Serving Size 1/4 tsp (0.8g)
Servings: About 35


Amount Per Serving		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




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STEAK SEASONING



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NET WT. 1 oz. (28g)