

NUTRITIONAL FACTS

THE KANSAS CITY STEAK COMPANY

8 (6oz) Flat Iron Steaks

Nutrition Facts	
Serving Size 1 Steak (168g)	
Servings Per Container 4	
Amount / Serving	
Calories 310	Calories from Fat 170
<small>% Daily Value*</small>	
Total Fat 19g	29%
Saturated Fat 7g	35%
Trans Fat 0.5g	
Cholesterol 110mg	37%
Sodium 125mg	5%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 32g	59%
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 20%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>	
	<small>Calories: 2,000 2,500</small>
Total Fat	<small>Less than 65g 80g</small>
Saturated Fat	<small>Less than 20g 25g</small>
Cholesterol	<small>Less than 300mg 300mg</small>
Sodium	<small>Less than 2,400mg 2,400mg</small>
Total Carbohydrate	<small>300g 375g</small>
Dietary Fiber	<small>25g 30g</small>
Protein	<small>50g 65g</small>
<small>Calories per gram:</small>	
<small>Fat 9 • Carbohydrate 4 • Protein 4</small>	

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2 Original Steak Seasoning Packets



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, 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	MED. RARE	MEDIUM
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.

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.

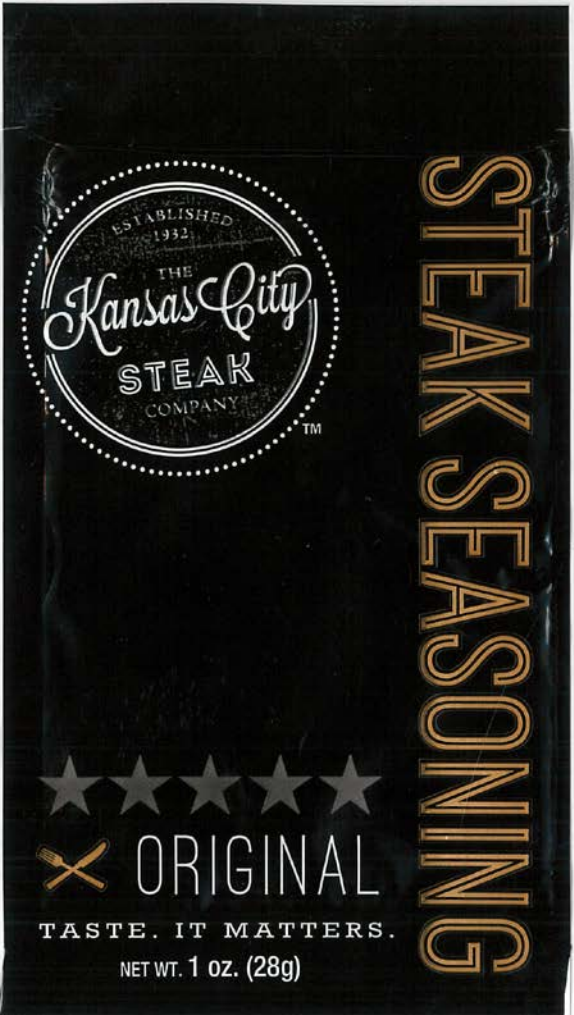
Nutrition Facts
Serving Size 1/4 tsp (0.8g)
Servings: About 35

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)

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