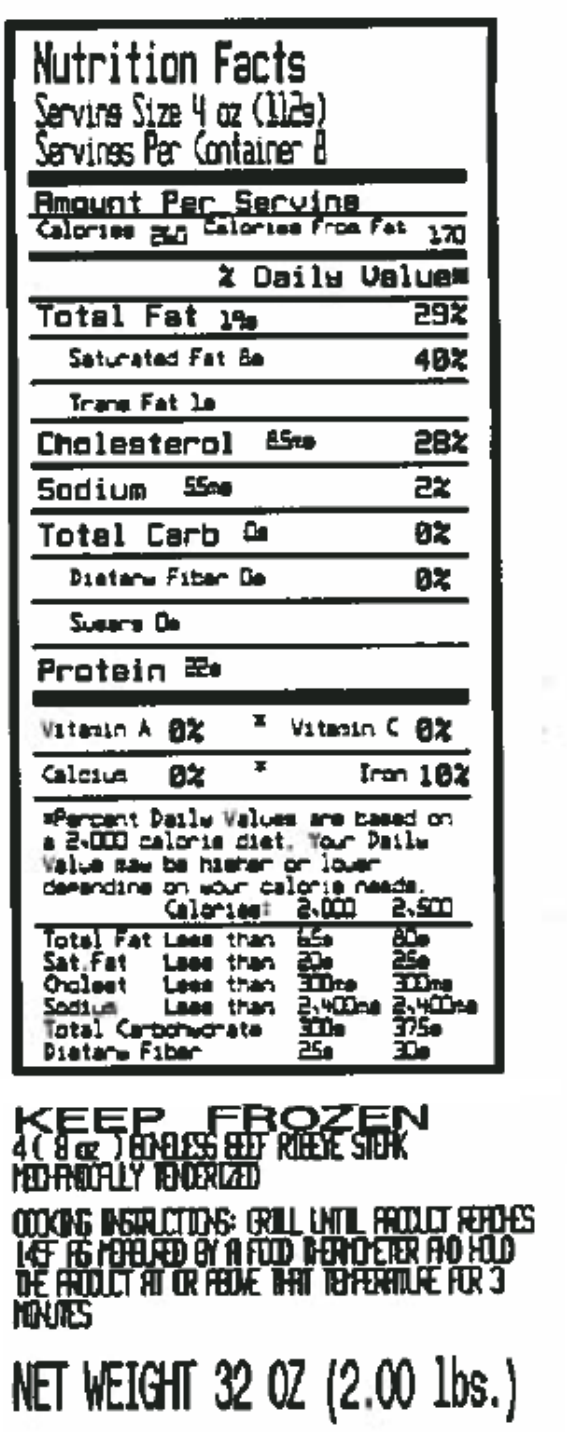
# NUTRITIONAL FACTS

*THE KANSAS CITY STEAK COMPANY*

4 (8oz) Boneless Ribeyes



Nutrition Facts
Serving Size 4 oz (112g)
Servings Per Container 8

| Amount Per Serving | |
|---|---|
| Calories 240 | Calories From Fat 170 |
| | % Daily Value* |
| Total Fat 19g | 29% |
| Saturated Fat 8g | 40% |
| Trans Fat 1g | |
| Cholesterol 85mg | 28% |
| Sodium 55mg | 2% |
| Total Carb 0g | 0% |
| Dietary Fiber 0g | 0% |
| Sugars 0g | |
| Protein 22g | |

| | | | |
|---|---|---|---|
| Vitamin A | 0% | * Vitamin C | 0% |
| Calcium | 0% | * 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
4 ( 8 oz ) BONELESS BEEF RIBEYE STEAK
MECHANICALLY TENDERIZED

COOKING INSTRUCTIONS: GRILL UNTIL PRODUCT REACHES 145F AS MEASURED BY A FOOD THERMOMETER AND HOLD THE PRODUCT AT OR ABOVE THAT TEMPERATURE FOR 3 MINUTES

NET WEIGHT 32 OZ (2.00 lbs.)

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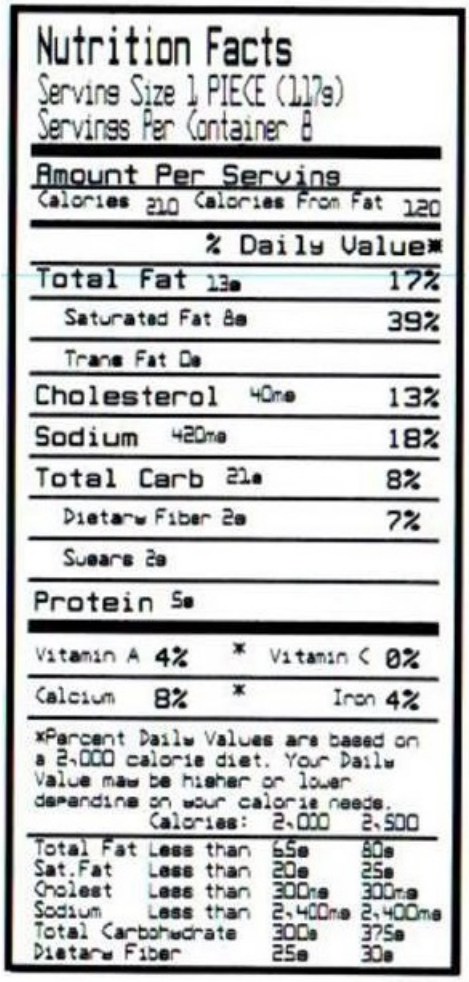
## 8 (4oz) Potatoes Au Gratin



**Nutrition Facts**

Serving Size 1 PIECE (117g)
Servings Per Container 8

**Amount Per Serving**

Calories 210 Calories From Fat 120

| | % Daily Value* |
|---|---|
| Total Fat 13g | 17% |
| Saturated Fat 8g | 39% |
| Trans Fat 0g | |
| Cholesterol 40mg | 13% |
| Sodium 420mg | 18% |
| Total Carb 21g | 8% |
| Dietary Fiber 2g | 7% |
| Sugars 2g | |
| Protein 5g | |

Vitamin A 4% * Vitamin C 0%

Calcium 8% * 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 |
| Cholest | Less than | | 300mg | 300mg |
| Sodium | Less than | | 2,400mg | 2,400mg |
| Total Carbohydrate | | | 300g | 375g |
| Dietary Fiber | | | 25g | 30g |

KEEP FROZEN
8(4OZ) POTATOES AU GRATIN
NET WEIGHT 32 OZ (2.00 lbs.)

# NUTRITIONAL FACTS

*THE KANSAS CITY STEAK COMPANY*

## 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, 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.

**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 CAKE).

**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.

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

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THE Kansas City STEAK COMPANY™

STEAK SEASONING

★★★★★
ORIGINAL
TASTE. IT MATTERS.
NET WT. 1 OZ. (28g)