

NUTRITIONAL FACTS

THE KANSAS CITY STEAK COMPANY

4 (8oz) Filet Mignon

Nutrition Facts	
Serving Size 1/2 STEAK (112g)	
Servings Per Container 8	
Amount Per Serving	
Calories 330	Calories from Fat 230
% Daily Values*	
Total Fat 26g	48%
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
4 (8oz) BEEF FILET MIGNON
WITHOUT BACON

NET WEIGHT 32 OZ (2.00 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, 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.

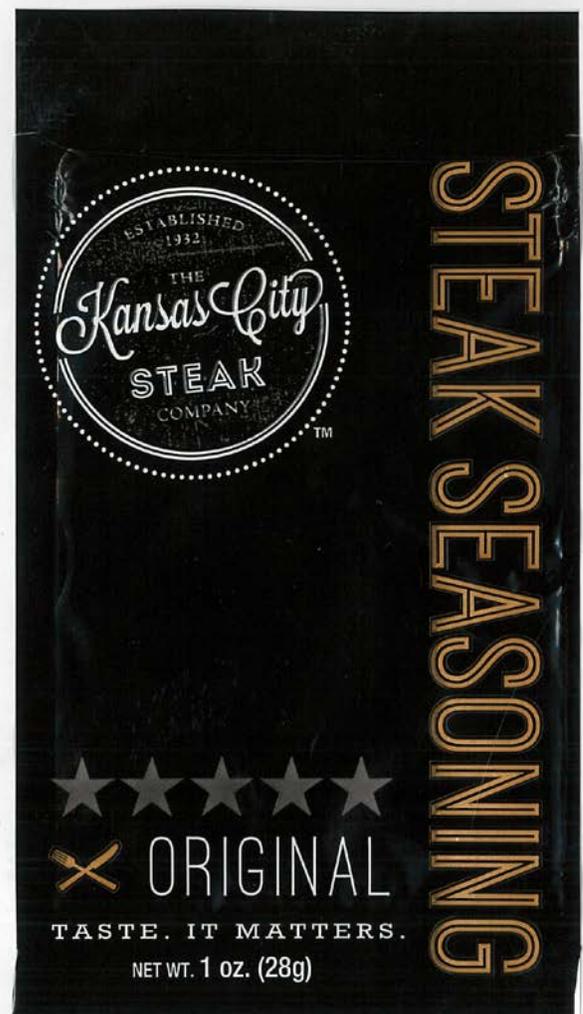
Nutrition Facts
 Serving Size 1/4 tsp (0.8g)
 Servings: About 35

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)