

# NUTRITIONAL FACTS

THE KANSAS CITY STEAK COMPANY

## 8 (4oz) Top Sirloin Steaks

Nutrition Facts	
Serving Size 1 STEAK (112g)	
Servings Per Container 4	
Amount Per Serving	
Calories 200	Calories From Fat 100
% Daily Value*	
Total Fat 11g	17%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 80mg	27%
Sodium 60mg	3%
Total Carb 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 24g	
Vitamin A 0%	* Vitamin C 0%
Calcium 2%	* 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

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## 8 (5oz) Bacon Cheddar Twice Baked Potatoes

<b>Nutrition Facts</b>	
Serving Size 5 oz. (142g)	
Servings Per Container 8	
<b>Amount Per Serving</b>	
<b>Calories</b> 190	Calories from Fat 70
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>13%</b>
Saturated Fat 4g	<b>19%</b>
Trans Fat 0g	
<b>Cholesterol</b> 20mg	<b>6%</b>
<b>Sodium</b> 390mg	<b>16%</b>
<b>Total Carbohydrate</b> 25g	<b>8%</b>
Dietary Fiber 2g	<b>9%</b>
Sugars 2g	
<b>Protein</b> 5g	
Vitamin A 6%	• Vitamin C 25%
Calcium 6%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet.	

Ingredients: Potato, Sour Cream (Cultured Cream, Grade A Whey, Modified Food Starch, Sodium Phosphate, Guar Gum, Carageenan, Calcium Sulfate, Potassium Sorbate (Preservative), Locus Bean Gum), Cheddar Cheese (Cultured Milk, Salt, Enzymes, and Annatto (Color)), Water, Butter (Cream, Salt), Margarine (Partially Hydrogenated Soybean Oil, Water, Salt, Lecithin, Mono and Diglycerides, Sodium Benzoate (Preservative), Citric Acid and Beta Carotene (Color)), Bacon (Pork, Water, Salt, Smoke Flavoring, Sodium Nitrite), Salt, Xanthan Gum, Onion Powder, Dried Chives, White Pepper

Contains: Milk and Soy

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## 8 (5oz) Sour Cream & Chive Twice Baked Potatoes

<b>Nutrition Facts</b>	
Serving Size 5 oz (142g)	
Servings Per Container 8	
Amount Per Serving	
<b>Calories</b> 200	Calories from Fat 90
% Daily Value*	
<b>Total Fat</b> 10g	<b>15%</b>
Saturated Fat 5g	<b>25%</b>
Trans Fat 0g	
<b>Cholesterol</b> 20mg	<b>6%</b>
<b>Sodium</b> 470mg	<b>19%</b>
<b>Total Carbohydrate</b> 24g	<b>8%</b>
Dietary Fiber 2g	<b>9%</b>
Sugars 2g	
<b>Protein</b> 4g	
Vitamin A 8%	• Vitamin C 20%
Calcium 6%	• 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
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Ingredients: Baked Potato, Sour Cream (Cultured Pasteurized Milk and Cream, Whey, Modified Corn Starch, Sodium Phosphate, Guar Gum, Carrageenan, Calcium Sulfate, Cultured Dextrose, Potassium Sorbate [Preservative], Locust Bean Gum), Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzymes, Annato [Color]), Water, Butter (Cream, Salt), Margarine (Liquid and Hydrogenated Soybean Oil, Water, Salt, Vegetable Mono and Diglycerides, Soy Lecithin, Sodium Benzoate [Preservative], Natural and Artificial Flavor, Beta Carotene [Color], Vitamin A Palmitate Added), Salt, Xanthan Gum, Onion Powder, Chives, White Pepper

Contains: Milk, Soy

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## 2 Original Steak Seasoning Packets



**ESTABLISHED 1932**  
**THE Kansas City STEAK COMPANY**

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 ✂ 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.

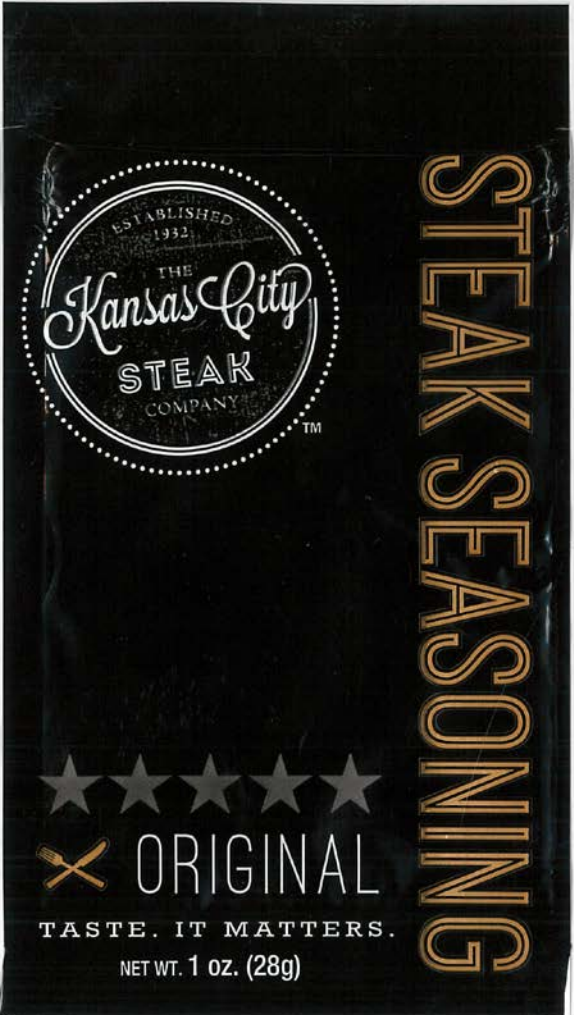
**Nutrition Facts**  
 Serving Size 1/4 tsp (0.8g)  
 Servings: About 35

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

NET WT. 1 oz. (28g)