

# NUTRITIONAL FACTS

THE KANSAS CITY STEAK COMPANY

10 (4oz) Sirloin Sandwich Steaks- Classic

<b>Nutrition Facts</b>			
Serving Size 1 Steak (112g)			
<b>Amount Per Serving</b>			
<b>Calories</b> 160	Calories from Fat 80		
<b>% Daily Value*</b>			
<b>Total Fat</b> 8g	<b>12%</b>		
Saturated Fat 4g	<b>20%</b>		
Trans Fat 0g			
<b>Cholesterol</b> 60mg	<b>20%</b>		
<b>Sodium</b> 80mg	<b>3%</b>		
<b>Total Carbohydrate</b> 0g	<b>0%</b>		
Dietary Fiber 0g	<b>0%</b>		
Sugars 0g			
<b>Protein</b> 22g	<b>44%</b>		
Vitamin A 0%	• Vitamin C 0%		
Calcium 0%	• Iron 10%		
*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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

**Ingredients:** Mechanically Tenderized Beef

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## Original Steak Seasoning Packet



The front of the packet features the Kansas City Steak Company logo (Established 1932) on the left. To its right are five stars and the text "ORIGINAL TASTE. IT MATTERS." Below this is the product name "STEAK SEASONING" in large, bold letters. The main body of text describes the seasoning as a "delicious combination of spices" and provides cooking instructions for rare, med. rare, and medium steaks, as well as charcoal preparation. A "Nutrition Facts" table is located in the bottom left, and "GRILLING TIPS" are listed in the bottom right. The distributor information is at the very bottom.

**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.

**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.

**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.

**INGREDIENTS:** SALT, SPICES, DEHYDRATED GARLIC, TRICALCIUM PHOSPHATE (ANTI CAKE).

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



The back of the packet features the Kansas City Steak Company logo (Established 1932) at the top left. The product name "STEAK SEASONING" is written vertically in large, bold letters on the right side. Below the logo are five stars and the text "ORIGINAL TASTE. IT MATTERS." At the bottom, the net weight "NET WT. 1 oz. (28g)" is printed.

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

STEAK SEASONING

★ ★ ★ ★ ★  
ORIGINAL  
TASTE. IT MATTERS.

NET WT. 1 oz. (28g)

# NUTRITIONAL FACTS

THE KANSAS CITY STEAK COMPANY

## 10 (4oz) Sirloin Sandwich Steaks – Garlic & Herb

<b>Nutrition Facts</b>			
Serving Size 1 Steak (112g)			
<b>Amount Per Serving</b>			
<b>Calories</b> 160	Calories from Fat 50		
<b>% Daily Value*</b>			
<b>Total Fat</b> 6g	<b>9%</b>		
Saturated Fat 2g	<b>10%</b>		
Trans Fat 0g			
<b>Cholesterol</b> 65mg	<b>22%</b>		
<b>Sodium</b> 430mg	<b>18%</b>		
<b>Total Carbohydrate</b> 2g	<b>1%</b>		
Dietary Fiber 0g	<b>0%</b>		
Sugars 1g			
<b>Protein</b> 23g	<b>46%</b>		
Vitamin A 0%	• Vitamin C 0%		
Calcium 4%	• Iron 10%		
*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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

**Ingredients:** Mechanically Tenderized Beef

Marinated with up to 10% of a solution of: Water, Seasoning (Salt, Maltodextrin, Sugar, Garlic Powder, Spices, Onion Powder, Yeast Extract, Dehydrated Garlic, Parsley, Dehydrated Onion, Soybean Oil (As a processing aid), Spice Extractive, Natural Flavor, Not more than 2% Silicon Dioxide added to prevent caking), Canola Oil