

NUTRITIONAL FACTS

THE KANSAS CITY STEAK COMPANY

6 (6oz) Super Trimmed Filet Mignon

Nutrition Facts	
Serving size	1 steak (168g)
Amount Per Serving	
Calories	480
% Daily Value*	
Total Fat 39g	50%
Saturated Fat 17g	85%
<i>Trans</i> Fat 0g	
Cholesterol 120mg	40%
Sodium 85mg	4%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 30g	60%
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 3.6mg	20%
Potassium 0mg	0%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Ingredients: Beef

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6 (5oz) Cheddar Bacon Twice Baked Potatoes

Nutrition Facts			
Serving Size 1 Potato (142g)			
Amount Per Serving			
Calories 190	Calories from Fat 70		
% Daily Value*			
Total Fat 8g	12%		
Saturated Fat 4g	20%		
Trans Fat 0g			
Cholesterol 20mg	7%		
Sodium 390mg	16%		
Total Carbohydrate 25g	8%		
Dietary Fiber 2g	8%		
Sugars 2g			
Protein 5g	10%		
Vitamin A 6%	• Vitamin C 25%		
Calcium 6%	• Iron 4%		
*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: 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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Original Steak Seasoning Packet



The front of the packet features the Kansas City Steak Company logo (Established 1932) and five stars. Below the stars is the text "ORIGINAL" with a crossed-knives icon, followed by "TASTE. IT MATTERS." and "STEAK SEASONING" in large, bold letters. The text describes the seasoning as a "delicious combination of spices" and provides instructions for use. It includes a table for cooking temperatures and times for RARE, MED. RARE, and MEDIUM steaks, along with charcoal preparation tips. A "Nutrition Facts" table is also present, showing 0 calories, 0g fat, 200mg sodium, and 0g carbohydrates per serving. The ingredients list includes salt, spices, dehydrated garlic, tricalcium phosphate, and anti-cakes. The distributor information is at the 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.

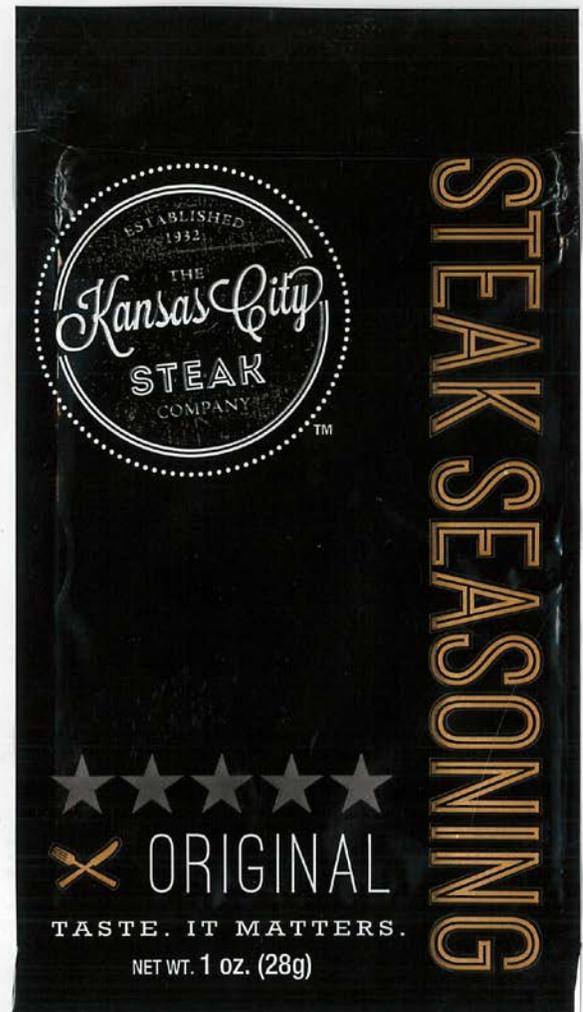
Nutrition Facts
Serving Size 1/4 tsp (0.8g)
Servings: About 35

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.

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



The back of the packet features the Kansas City Steak Company logo (Established 1932) and five stars. Below the stars is the text "ORIGINAL" with a crossed-knives icon, followed by "TASTE. IT MATTERS." and "NET WT. 1 oz. (28g)". The word "STEAK SEASONING" is written vertically in large, bold letters on the right side of the packet.

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THE *Kansas City* STEAK COMPANY

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

STEAK SEASONING