

# NUTRITIONAL FACTS

THE KANSAS CITY STEAK COMPANY

4 (8oz) Top Sirloin Steaks

## Nutrition Facts

Serving Size 1/2 Steak (113g)

### Amount Per Serving

**Calories** 240 **Calories from Fat** 150

% Daily Value\*

**Total Fat** 16g **25%**

Saturated Fat 7g **35%**

Trans Fat 0g

**Cholesterol** 60mg **20%**

**Sodium** 60mg **3%**

**Total Carbohydrate** 0g **0%**

Dietary Fiber 0g **0%**

Sugars 0g

**Protein** 23g **46%**

Vitamin A 0% • Vitamin C 0%

Calcium 2% • 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

# NUTRITIONAL FACTS

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8 (8oz) Top Sirloin Steaks

## Nutrition Facts

Serving Size 1/2 Steak (113g)

**Amount Per Serving**

**Calories** 240 **Calories from Fat** 150

**% Daily Value\***

**Total Fat** 16g **25%**

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	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

# NUTRITIONAL FACTS

THE KANSAS CITY STEAK COMPANY

## 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 main text describes the seasoning as a delicious combination of spices and provides cooking instructions for rare, med. rare, and medium steaks. It also includes a "GRILLING TIPS" section with advice on charcoal preparation and grill distance. A "Nutrition Facts" table is located in the bottom left corner, and the ingredients list 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.

**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.

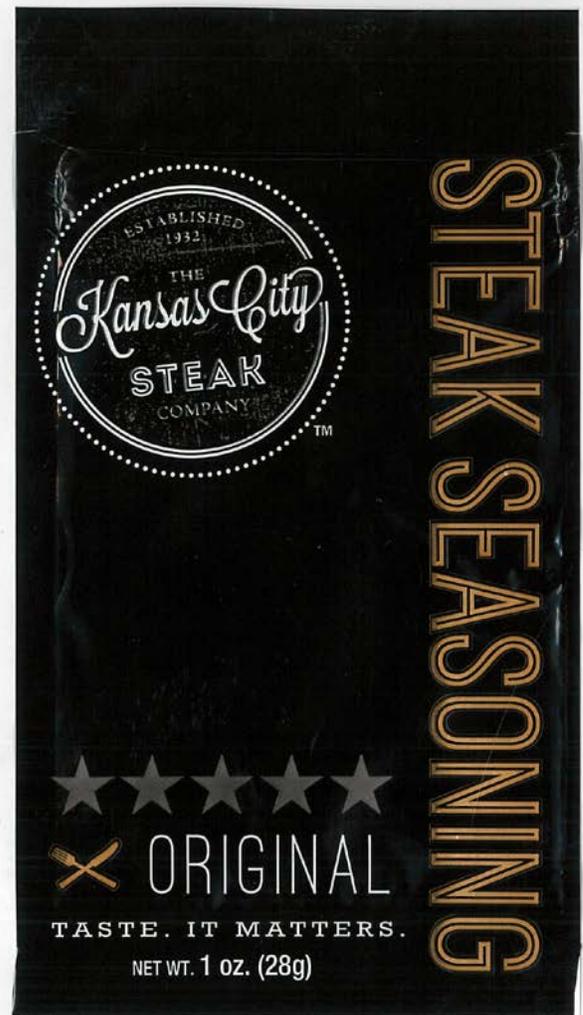
**Nutrition Facts**  
Serving Size 1/4 tsp (0.8g)  
Servings: About 35

Amount Per Serving	Calories 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 CAVES).

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 printed vertically in large, bold letters on the right side of the packet.

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TASTE. IT MATTERS.  
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**STEAK SEASONING**

# NUTRITIONAL FACTS

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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 TASTE. IT MATTERS." and "STEAK SEASONING". A paragraph describes the seasoning as a combination of spices for steaks, roasts, and chicken. It provides cooking instructions for charcoal and gas grills. A table lists cooking times for RARE, MED. RARE, and MEDIUM steaks. There are sections for "GRILLING TIPS" and "CHARCOAL PREPARATION". A "Nutrition Facts" table is included, showing 0 calories, 0g fat, 8% sodium, 0g carbs, and 0g protein. The ingredients list includes salt, spices, dehydrated garlic, tricalcium phosphate, and anti-caking agents. The distributor information is at the bottom.

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RARE	MED. RARE	MEDIUM
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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.

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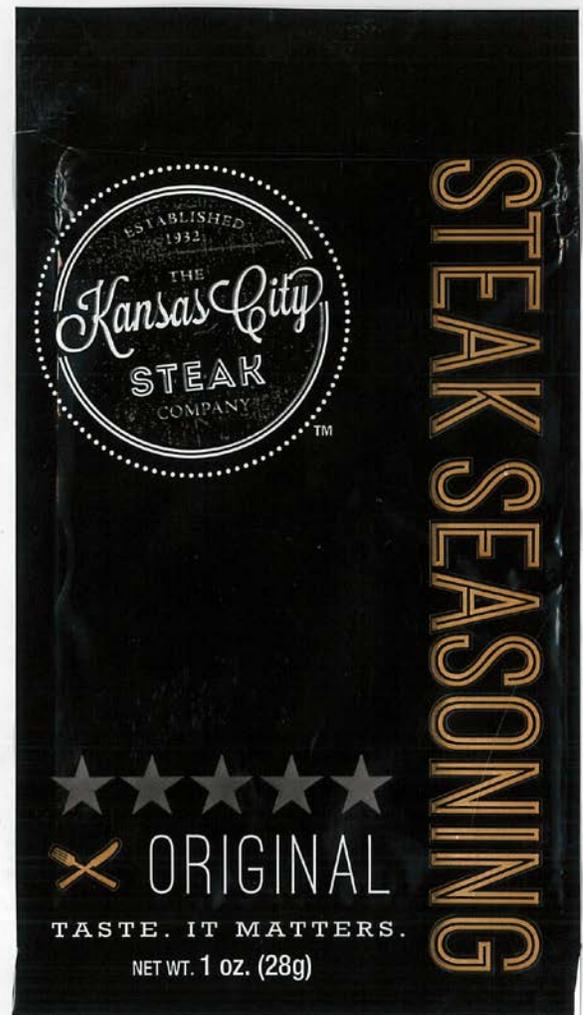
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**INGREDIENTS:** SALT, SPICES, DEHYDRATED GARLIC, TRICALCIUM PHOSPHATE (ANTI-CAKE).

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kansascitysteaks.com 800 524 1844

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