

NUTRITIONAL FACTS

THE KANSAS CITY STEAK COMPANY

1 (5.5-6.0lb) Prime Rib Roast- Classic

Nutrition Facts

Serving Size 4 oz (112g)

Amount Per Serving

Calories 210

Calories from Fat 120

% Daily Value*

Total Fat 14g 22%

Saturated Fat 6g **30%**

Trans Fat 0g

Cholesterol 60mg 20%

Sodium 370mg 15%

Total Carbohydrate 0g 0%

Dietary Fiber 0g **0%**

Sugars 0g

Protein 20g 40%

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

Injected with up to a 10% solution of Water, Salt, Potassium Phosphate and Sodium Citrate

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Original Steak Seasoning Packet







 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 120°F-130°F 7 MIN. > FLIP, 7 MIN.	MED. RARE 130°F-140°F 9 MIN. > FLIP, 7 MIN.	MEDIUM 140°F-150°F 9 MIN. > FLIP, 9 MIN.
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We recommend using a cooking thermometer to accurately measure the internal temperature.

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)

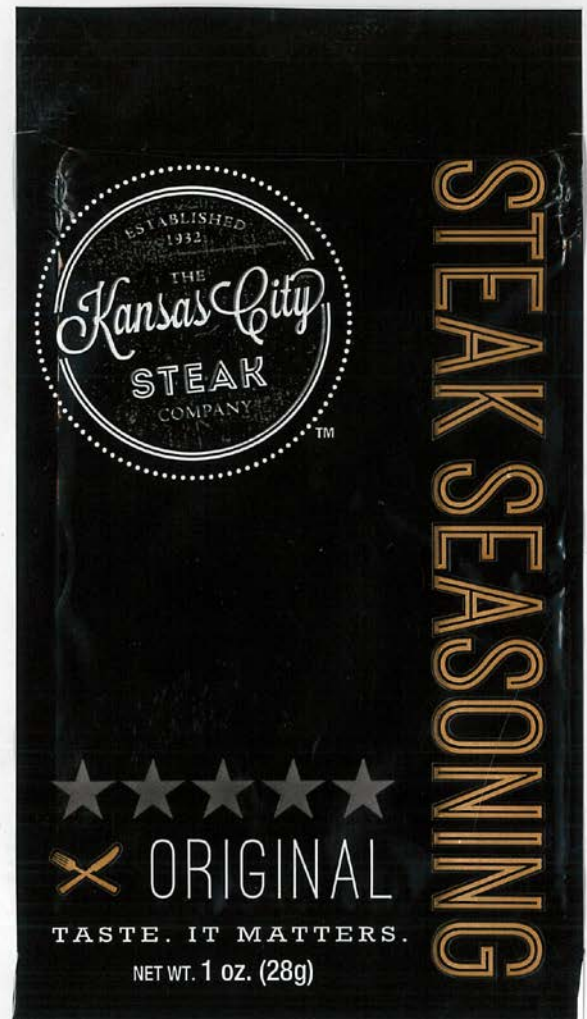
GRILLING TIPS


- ★ 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.



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.

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)