

NUTRITIONAL FACTS

THE KANSAS CITY STEAK COMPANY

2 (6oz) Super Trimmed™ Filet Mignon

Nutrition Facts	
2 servings per container	
Serving size	1 Steak (168g)
Amount Per Serving	
Calories	480
% Daily Value*	
Total Fat 39g	50%
Saturated Fat 17g	85%
<i>Trans Fat</i> 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%
Vitamin A	0%
Vitamin C	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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2 (5oz) North Atlantic Lobster Tails

Nutrition Facts	
2 servings per container	
Serving size	1 Tail
Amount Per Serving	
Calories	120
	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 195mg	65%
Sodium 660mg	29%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 26g	52%
Vitamin D 0mcg	0%
Calcium 130mg	10%
Iron 0.36mg	2%
Potassium 282mg	6%
*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.	

Contains: Shellfish

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Original Steak Seasoning Packet



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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, steakhamburgers 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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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*
Calories 0		
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 CAKE).

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



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STEAK SEASONING

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NET WT. 1 oz. (28g)