

NUTRITIONAL FACTS

THE KANSAS CITY STEAK COMPANY

10 (4oz) Top Sirloin Sandwich Steaks

Nutrition Facts	
Serving size	1 Steak (112g)
Amount Per Serving	
Calories	160
	% Daily Value*
Total Fat 8g	10%
Saturated Fat 4g	20%
<i>Trans</i> Fat 0g	
Cholesterol 60mg	20%
Sodium 80mg	3%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 22g	44%
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 1.8mg	10%
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: Mechanically Tenderized Beef

Grill until product reaches 145F as measured by a food thermometer and hold the product at or above that temperature for 3 minutes.

NUTRITIONAL FACTS

THE KANSAS CITY STEAK COMPANY

8 (5oz) Sour Cream, Cheddar & Chive Twice Baked Potatoes

Nutrition Facts	
Serving size	1 Potato
Amount Per Serving	
Calories	200
	% Daily Value*
Total Fat 10g	13%
Saturated Fat 4.5g	23%
<i>Trans</i> Fat 0g	
Cholesterol 20mg	7%
Sodium 480mg	21%
Total Carbohydrate 24g	9%
Dietary Fiber 3g	11%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 4g	8%
Vitamin D 0mcg	0%
Calcium 78mg	6%
Iron 1.08mg	6%
Potassium 705mg	15%

*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: Baked Potato, Sour Cream (Cultured Pasteurized Milk and Cream, Whey, Modified Corn Starch, Sodium Phosphate, Guar Gum, Carrageenan, Calcium Sulfate, Cultured Dextrose, Potassium Sorbate [Preservative], Locust Bean Gum), Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzymes, Annato [Color]), Water, Butter (Cream, Salt), Margarine (Liquid and Hydrogenated Soybean Oil, Water, Salt, Vegetable Mono and Diglycerides, Soy Lecithin, Sodium Benzoate [Preservative], Natural and Artificial Flavor, Beta Carotene [Color], Vitamin A Palmitate Added), Salt, Xanthan Gum, Onion Powder, Chives, White Pepper

Contains: Milk, Soy

NUTRITIONAL FACTS

THE KANSAS CITY STEAK COMPANY

Original Steak Seasoning Packet



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, 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.
--	---	--

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*
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



ESTABLISHED 1932
THE Kansas City STEAK COMPANY

STEAK SEASONING

★★★★★
ORIGINAL
 TASTE. IT MATTERS.

NET WT. 1 oz. (28g)