NUTRITIONAL FACTS
THE KANSAS CITY STEAK COMPANY

8 (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%
Trans 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%
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

8 (5oz) Cheddar Bacon Twice Baked Potatoes

Nutrition Facts

Serving size	1 Potato

Amount Per Serving

Calories 220

	% Daily Value*
Total Fat 12g	15%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 390mg	17%
Total Carbohydrate 23g	8%
Dietary Fiber 2g	7%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 6g	12%
Vitamin D 0mcg	0%
Calcium 104mg	8%
Iron 0.72mg	4%
Potassium 470mg	10%

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Ingredients: Potato, Sour Cream (Cultured Cream, Grade A Whey, Modified Food Starch, Sodium Phosphate, Guar Gum, Carrageenan, 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</p>

Contains: Milk and Soy

8 (3oz) Brookies

Nutrition Facts

Serving size	3 oz (88g)

Amount Per Serving

Calories	340

% Daily Value*

Total Fat 14g		18%
Saturated Fat 7g		35%
Trans Fat 0g		
Cholesterol 65mg		22%
Sodium 160mg		7%
Total Carbohydrate 48g		17%
Dietary Fiber 1g		4%
Total Sugars 30g		
Includes 30g Added Sugars		60%
Protein 5g		10%
Vitamin D 0mcg		0%
Calcium 26mg		2%
Iron 1.8mg		10%
Potassium 0mg		0%

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Ingredients: Semisweet Chocolate Chips (Sugar, Unsweetened Chocolate, Cocoa Butter, Soy Lecithin, Vanilla), Egg Whites, Margarine (Soybean Oil, Palm Oil, Water, Salt, Mono and Di glycerides, Soybean Lecithin, Sodium Benzoate [added as a preservative], Natural Butter Flavor [Colored with Annatto], Vitamin A [Palmitate added]), Butter (Cream, Natural Flavors), Egg Yolks, Heavy Cream, Sugar.

Contains: Milk, Egg, Soy, and Wheat.

Manufactured On Equipment That Processes Peanuts and Tree Nuts.

Original Steak Seasoning Packet

STEAK SEASONING

★★★★★ ✕ ORIGINAL
TASTE. IT MATTERS.

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. > FLIP, 7 MIN.	9 MIN. > FLIP, 7 MIN.	9 MIN. > FLIP, 9 MIN.

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 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.

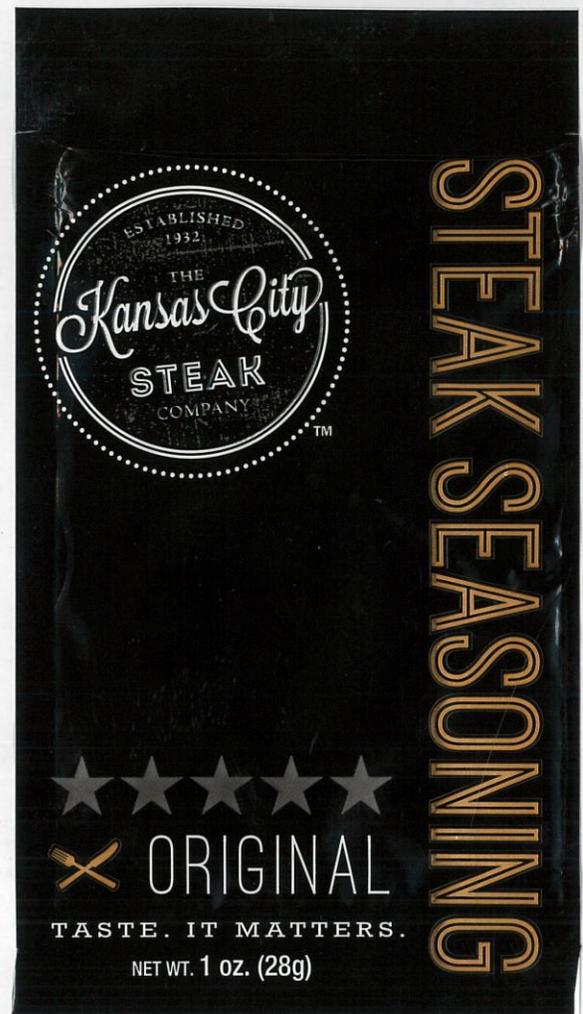INGREDIENTS: SALT, SPICES, DEHYDRATED GARLIC, TRICALCIUM PHOSPHATE (ANTI CAKE).

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

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.

THE Kansas City STEAK COMPANY

STEAK SEASONING

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