

NUTRITIONAL FACTS

THE KANSAS CITY STEAK COMPANY

4 (6oz) Super Trimmed™ Filet Mignon

Nutrition Facts	
Serving size	1 Steak (168g)
Amount Per Serving	
Calories	480
<small>% Daily Value*</small>	
Total Fat 39g	50%
Saturated Fat 17g	85%
<i>Trans</i> 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

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4 (8oz) Sour Cream, Cheddar & Chive Twice Baked Potatoes

Nutrition Facts	
Serving size	8 oz (227g)
Amount Per Serving	
Calories	310
% Daily Value*	
Total Fat 15g	19%
Saturated Fat 7g	35%
<i>Trans</i> Fat 0g	
Cholesterol 30mg	10%
Sodium 700mg	30%
Total Carbohydrate 40g	15%
Dietary Fiber 4g	14%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 6g	12%
Vitamin D 0mcg	0%
Calcium 78mg	6%
Iron 1.08mg	6%
Potassium 940mg	20%

*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, Annatto [Color]), Water, Butter (Cream, Salt), Margarine (Liquid And Hydrogenated Soybean Oil, Water, Salt, Vegetable Mono & 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.

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4 (4oz) Chocolate Truffle Lava Cakes

Nutrition Facts	
Serving size	4 oz (113g)
Amount Per Serving	
Calories	480
	% Daily Value*
Total Fat 32g	41%
Saturated Fat 17g	85%
<i>Trans</i> Fat 0g	
Cholesterol 110mg	37%
Sodium 130mg	6%
Total Carbohydrate 41g	15%
Dietary Fiber 0g	0%
Total Sugars 34g	
Includes 34g Added Sugars	68%
Protein 7g	14%
Vitamin D 0mcg	0%
Calcium 52mg	4%
Iron 3.6mg	20%
Potassium 0mg	0%
<small>*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.</small>	

Ingredients: Semisweet Chocolate Chips (Sugar, Unsweetened Chocolate, Cocoa Butter, Soy Lecithin, Vanilla), Egg Whites, Butter (Cream, Natural Flavors), Egg Yolks, 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]), Heavy Cream, Sugar.

Contains: Soy, Eggs and Milk.

Manufactured on equipment that processes Wheat, Peanuts and Tree Nuts.

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Original Steak Seasoning Packet



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THE *Kansas City* STEAK COMPANY

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TASTE. IT MATTERS.

STEAK SEASONING

Our seasoning mixture is a delicious combination of spices that enhances the flavor of your steaks, prime rib, roasts, steamburgers 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.

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

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.



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STEAK SEASONING

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NET WT. 1 oz. (28g)