

NUTRITIONAL FACTS

THE KANSAS CITY STEAK COMPANY

4 (10oz) American Style Kobe Kansas City Strips

Nutrition Facts	
Serving size	5 oz (142g)
Amount Per Serving	
Calories	400
	% Daily Value*
Total Fat 31g	40%
Saturated Fat 13g	65%
<i>Trans</i> Fat 0g	
Cholesterol 95mg	32%
Sodium 0mg	0%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 27g	54%
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: Beef

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Original Steak Seasoning Packet



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THE Kansas City STEAK COMPANY

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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.

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.

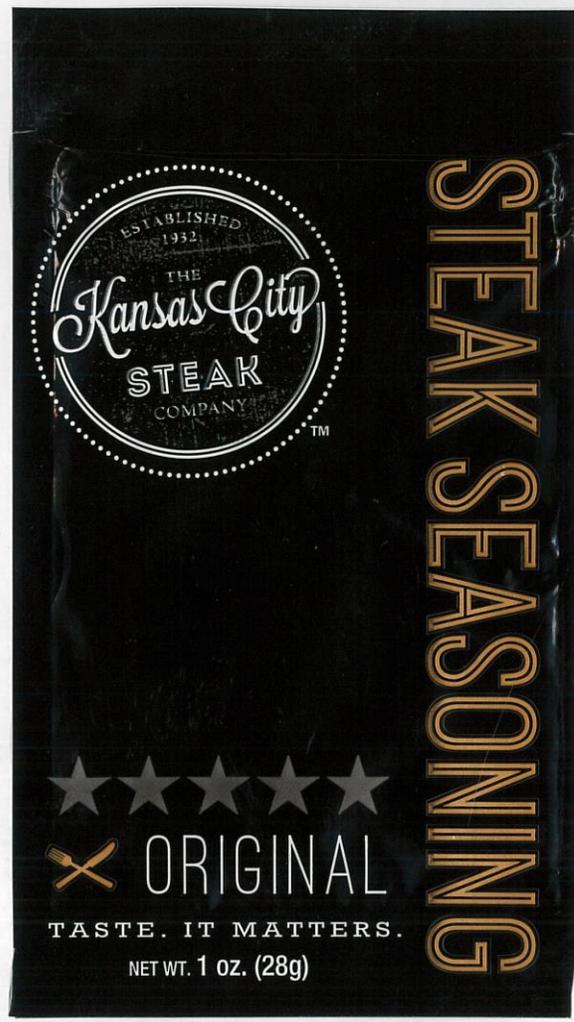
Nutrition Facts
 Serving Size 1/4 tsp (0.8g)
 Servings: About 35

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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NET WT. 1 oz. (28g)