

# NUTRITIONAL FACTS

THE KANSAS CITY STEAK COMPANY

2 (1lb) pkgs Tenderloin Filet Mignon Tips

<b>Nutrition Facts</b>	
<b>Serving size</b>	<b>4 oz (112g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>320</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 26g	<b>33%</b>
Saturated Fat 11g	<b>55%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 80mg	<b>27%</b>
<b>Sodium</b> 55mg	<b>2%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 20g	<b>40%</b>
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 2.7mg	15%
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

# NUTRITIONAL FACTS

THE KANSAS CITY STEAK COMPANY

12 (2oz) Tenderloin Filet Mignon Medallions

<b>Nutrition Facts</b>	
<b>Serving size</b>	<b>4 oz (112g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>320</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 26g	<b>33%</b>
Saturated Fat 11g	<b>55%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 80mg	<b>27%</b>
<b>Sodium</b> 55mg	<b>2%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 20g	<b>40%</b>
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 2.7mg	15%
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

# NUTRITIONAL FACTS

THE KANSAS CITY STEAK COMPANY

4 (6oz) Top Sirloin

<b>Nutrition Facts</b>	
<b>Serving size</b>	<b>1 Steak (170g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>360</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 24g	<b>31%</b>
Saturated Fat 10g	<b>50%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 90mg	<b>30%</b>
<b>Sodium</b> 85mg	<b>4%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 34g	<b>68%</b>
Vitamin D 0mcg	0%
Calcium 52mg	4%
Iron 2.7mg	15%
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 thermometer and hold the product at or above that temperature for 3 minutes.

# 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, 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.

<b>RARE</b> 120°F-130°F 7 MIN. > FLIP, 7 MIN.	<b>MED. RARE</b> 130°F-140°F 9 MIN. > FLIP, 7 MIN.	<b>MEDIUM</b> 140°F-150°F 9 MIN. > FLIP, 9 MIN.
--	---	--

We recommend using a cooking thermometer to accurately measure the internal temperature.

**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 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



ESTABLISHED 1932  
THE *Kansas City* STEAK COMPANY

# STEAK SEASONING

★★★★★  
ORIGINAL  
TASTE. IT MATTERS.

NET WT. 1 oz. (28g)