

NUTRITIONAL FACTS

THE KANSAS CITY STEAK COMPANY

2 (6oz) Top Sirloin

Nutrition Facts	
Serving size	1 Steak (170g)
Amount Per Serving	
Calories	360
	% Daily Value*
Total Fat 24g	31%
Saturated Fat 10g	50%
<i>Trans</i> Fat 0g	
Cholesterol 90mg	30%
Sodium 85mg	4%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 34g	68%
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.

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2 (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%
<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%

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Ingredients: Beef

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2 (8oz) Boneless Ribeyes

Nutrition Facts	
Serving size	4 oz
Amount Per Serving	
Calories	260
% Daily Value*	
Total Fat 19g	24%
Saturated Fat 8g	40%
<i>Trans</i> Fat 1g	
Cholesterol 85mg	28%
Sodium 55mg	2%
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%

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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

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6 (5oz) Cheddar and 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%
<i>Trans</i> 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%
<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: 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

Contains: Milk and Soy

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8 (4") 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%
Vitamin A	0%
Vitamin C	0%

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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 Diglycerides, 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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THE KANSAS CITY STEAK COMPANY

Original Steak Seasoning Packet



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THE *Kansas City* STEAK COMPANY

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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.
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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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STEAK SEASONING

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ORIGINAL
TASTE. IT MATTERS.

NET WT. 1 oz. (28g)