

NUTRITIONAL FACTS

THE KANSAS CITY STEAK COMPANY

8 (7oz) Chicken Breasts

Nutrition Facts	
Serving size	1 (196g)
Amount Per Serving	
Calories	180
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0.5g	3%
<i>Trans</i> Fat 0g	
Cholesterol 95mg	32%
Sodium 840mg	37%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 37g	74%
Vitamin D 0mcg	0%
Calcium 26mg	2%
Iron 1.44mg	8%
Potassium 0mg	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: Chicken. Containing up to 19% of a solution of Water, Salt, Sodium Citrate and Potassium Phosphate

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Original Steak Seasoning Packet



The front of the packet features the Kansas City Steak Company logo (Established 1932) and five stars above the word "ORIGINAL". Below this is the slogan "TASTE. IT MATTERS." and the product name "STEAK SEASONING". The text describes the seasoning as a mix of spices for steaks, roasts, and chicken. It provides cooking instructions for rare, medium rare, and medium steaks, including grill times and flipping instructions. A "GRILLING TIPS" section offers advice on grill preparation and distance. A "NUTRITION FACTS" table is included, showing 0 calories from fat. The ingredients list includes salt, spices, dehydrated garlic, tricalcium phosphate, and anti-caking agents. Distribution information for The Kansas City Steak Company is provided at the bottom.

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, 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	MED. RARE	MEDIUM
120°F-130°F	130°F-140°F	140°F-150°F
7 MIN. >	9 MIN. >	9 MIN. >
FLIP, 7 MIN.	FLIP, 7 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 from Fat 0
Calories 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



The back of the packet features the Kansas City Steak Company logo (Established 1932) and five stars above the word "ORIGINAL". Below this is the slogan "TASTE. IT MATTERS." and the product name "STEAK SEASONING" written vertically on the right side. The net weight is listed as 1 oz. (28g).

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ORIGINAL
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STEAK SEASONING

NET WT. 1 oz. (28g)