

# NUTRITIONAL FACTS

THE KANSAS CITY STEAK COMPANY

## 4.1-5.4lb Carver Ham

<b>Nutrition Facts</b>	
<b>Serving size</b>	<b>3 oz (84g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>150</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 2.5g	<b>13%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 50mg	<b>17%</b>
<b>Sodium</b> 800mg	<b>35%</b>
<b>Total Carbohydrate</b> 1g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>
Sugar Alcohol 0g	
<b>Protein</b> 16g	<b>32%</b>
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
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:** Ham, Water, Salt, Brown Sugar, Cane Sugar, Contains 2% or less of: Sodium Phosphate, Vinegar, Honey Powder (Cane Sugar, Honey), Ascorbic Acid, Sodium Nitrite. Glaze: Sugar, Honey Granules (Refinery Syrup, Honey), Spices.

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## 3 oz Brown Sugar Ham Glaze Mix

<b>Nutrition Facts</b>	
17 servings per container	
<b>Serving size</b>	<b>1 Tsp</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>20</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 100mg	<b>4%</b>
<b>Total Carbohydrate</b> 5g	<b>2%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 4g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 0g	<b>0%</b>
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
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:** BROWN SUGAR, SUGAR, SALT, SPICES, SOYBEAN OIL (AS A PROCESSING AID), NATURAL FLAVOR, MAPLE SYRUP, VANILLA EXTRACT, MOLASSES, NOT MORE THAN 2% OF SILICON DIOXIDE ADDED TO PREVENT CAKING.

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## 1 oz 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, 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.
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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	
			% 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](http://kansascitysteaks.com) 800 524 1844



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# STEAK SEASONING

★★★★★  
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NET WT. 1 oz. (28g)