

NUTRITIONAL FACTS

THE KANSAS CITY STEAK COMPANY

4 (5oz) Filet Mignon

Nutrition Facts

4 servings per container

Serving size 1 Steak (140g)

Amount Per Serving

Calories 400

% Daily Value*

Total Fat 33g 42%

Saturated Fat 14g 70%

Trans Fat 0g

Cholesterol 100mg 33%

Sodium 70mg 3%

Total Carbohydrate 0g 0%

Dietary Fiber 0g 0%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 25g 50%

Not a significant source of vitamin D, calcium, iron, and potassium

*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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4 (5oz) Cheddar and Bacon Twice Baked Potatoes

Nutrition Facts	
4 servings per container	
Serving size	5 Potato (140g)
Amount Per Serving	
Calories	210
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 6g	30%
<i>Trans</i> Fat 0g	
Cholesterol 30mg	10%
Sodium 400mg	17%
Total Carbohydrate 24g	9%
Dietary Fiber 2g	7%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 6g	12%
Not a significant source of vitamin D, calcium, iron, and potassium	
*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: Baked Potato, Sour Cream (Grade A Cultured Cream), Cheddar Cheese (Pasteurized Milk, Salt, Cheese Cultures, Enzymes, contains less than 2% Annatto), Water, Butter (Cream, Salt), Fully Cooked Bacon (Pork cured with Water, Salt, Brown Sugar, Sodium Phosphate, Sodium Erythorbate, Sugar, Spice Extractives, Sodium Nitrite), Salt, Xanthan Gum, Onion Powder, Chives, White Pepper.

Contains: Milk

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4 (4in) Chocolate Truffle Lava Cake

Nutrition Facts

4 servings per container

Serving size 1 Lava Cake (113g)

Amount Per Serving

Calories **480**

% Daily Value*

Total Fat 33g	42%
Saturated Fat 17g	85%
<i>Trans</i> Fat 0g	
Cholesterol 110mg	37%
Sodium 130mg	6%
Total Carbohydrate 40g	15%
Dietary Fiber 0g	0%
Total Sugars 34g	
Includes 34g Added Sugars	68%
Protein 7g	14%

Not a significant source of vitamin D, calcium, iron, and potassium

*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: 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 Di- glycerides, Soybean Lecithin, Sodium Benzoate [added as a preservative], Natural Butter Flavor [Colored with Anatto], Vitamin A [Palmitate added]), Pasteurized Cream, Sugar, Soy Lecithin Oil (an emulsifier). **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



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, 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	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



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STEAK SEASONING

★ ★ ★ ★ ★
ORIGINAL
TASTE. IT MATTERS.

NET WT. 1 oz. (28g)

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