

NUTRITIONAL FACTS

THE KANSAS CITY STEAK COMPANY

6 (7oz) Chicken Cordon Bleu

Nutrition Facts	
6 servings per container	
Serving size	1 Piece (198g)
Amount Per Serving	
Calories	310
% Daily Value*	
Total Fat 13g	17%
Saturated Fat 6g	30%
<i>Trans</i> Fat 0g	
Cholesterol 140mg	47%
Sodium 610mg	27%
Total Carbohydrate 6g	2%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 40g	80%
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: Boneless Skinless Chicken Breast contains up to a 12% solution [Water, Sodium Phosphates (Pentasodium Triphosphate), Salt (salt, Sodium, Silicoaluminatate, Dextrose, Potassium Iodide)], Liquid Vinegar [Apple cider vinegar (Diluted with water to 5% acidity)], Celery Salt [Salt and Celery Seeds], Pasteurized Process Swiss Cheese (Swiss Cheese [Cultured Milk, Salt, Enzymes], Water, Cream, Sodium Phosphate, Salt, Sorbic Acid (Preservative), Powdered Cellulose (To Prevent Caking), Natamycin (Preservative), Canadian style bacon (cured with water, salt, sugar, sodium phosphates, natural smoke flavor, sodium erythorbate, sodium nitrite), Cream Cheese, Pasteurized Milk and Cream, Cheese Culture, Salt, Guar Gum, Carob Bean Gum, Xanthan Gum, Corn Flake Crumbs (Milled corn, sugar, malt flavoring, 2% or less of salt, BHT for freshness. Vitamins and Minerals: Iron, Vitamin C, Sodium Ascorbate, Ascorbic Acid, Acid, Niacinamide, Vitamin B6 Pyridoxine Hydrochloride, Folic Acid, Vitamin D3, Vitamin B12. Corn used in this product may contain traces of soybeans.), Garlic Granulatec Spice Onion Granulated. Paprika, Dry Vinegar (Maltodextrin, White Distilled Vinegar, Modified food starch), and Vinegar. Contains: Milk, Soy.

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1 oz Original Steak Seasoning



The front of the packet features the Kansas City Steak Company logo (Established 1932) and five stars above the text "ORIGINAL TASTE. IT MATTERS." and "STEAK SEASONING". Below this is a paragraph describing the seasoning, followed by cooking instructions for rare, med. rare, and medium steaks. A table provides internal temperatures and flip times for each doneness level. Further down, there are sections for "CHARCOAL PREPARATION" and "GRILLING TIPS". A "Nutrition Facts" table is located at the bottom left, and the ingredients list and distributor information are 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, 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.

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.

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).

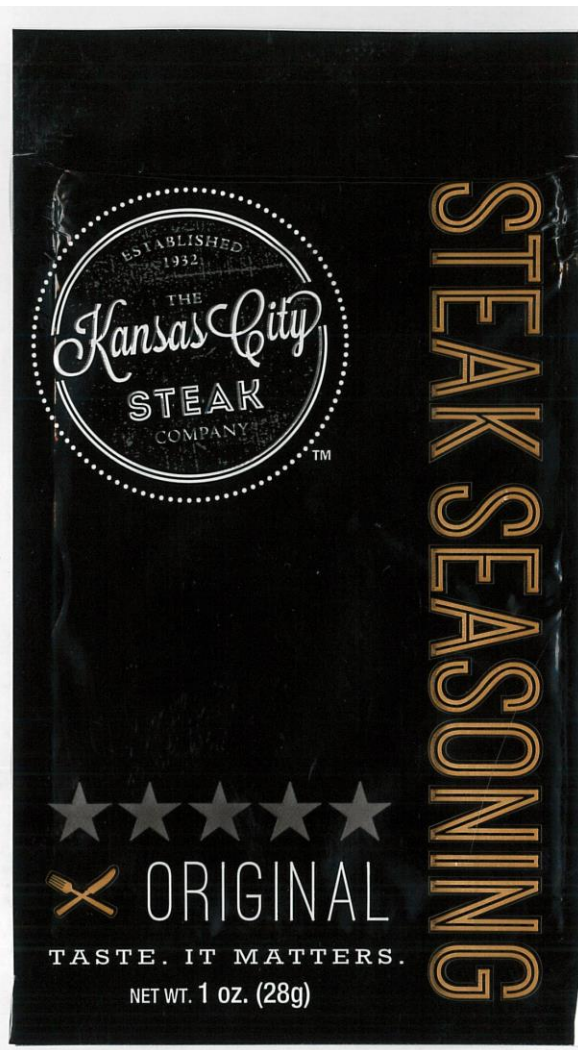
Distributed by: The Kansas City Steak Company, Kansas City, KS 66106
kansascitysteaks.com 800 524 1844

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.



The back of the packet features the Kansas City Steak Company logo (Established 1932) and five stars above the text "ORIGINAL TASTE. IT MATTERS." and "STEAK SEASONING". The text "STEAK SEASONING" is written vertically on the right side. Below this is the "NET WT. 1 oz. (28g)" information.

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STEAK SEASONING

NET WT. 1 oz. (28g)