

# NUTRITIONAL FACTS

THE KANSAS CITY STEAK COMPANY

## 8 (4oz) Potatoes Au Gratin

<b>Nutrition Facts</b>	
8 servings per container	
<b>Serving size</b>	<b>1 Potato (117g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>210</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 12g	<b>15%</b>
Saturated Fat 8g	<b>40%</b>
Trans Fat 0g	
<b>Cholesterol</b> 45mg	<b>15%</b>
<b>Sodium</b> 410mg	<b>18%</b>
<b>Total Carbohydrate</b> 20g	<b>7%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 1g	
Includes 1g Added Sugars	<b>2%</b>
<b>Protein</b> 4g	<b>8%</b>
<small>Not a significant source of vitamin D, calcium, iron, and potassium</small>	
<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:** POTATOES (Potatoes, Dextrose, Disodium Pyrophosphate added to maintain color), Potassium Sorbate (added to maintain freshness)), HEAVY CREAM (Cream, Milk, Carrageenan, Mono and Diglycerides, Polysorbate 80), CHEDDAR CHEESE (Pasteurized Milk, Cheese Cultures, Salt, Enzymes, Annatto Coloring, Potato Starch, Corn Starch, Dextrose, Calcium Sulfate), GRUYERE TYPE CHEESE (Made from Cow's Milk, Culture, Salt), MODIFIED CORN STARCH, QUICHE MIX (Cream Powder, Modified Corn Starch, Whey Powder, Egg White Powder, Whole Egg Powder, Salt, Turmeric Oleoresin, Extractives of Annatto and Natural Flavors), SALT, METHYLCELLULOSE, SPICES, GARLIC POWDER

**CONTAINS EGGS, MILK**

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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. Below the stars is the text "ORIGINAL" with a crossed fork and knife icon, and "TASTE. IT MATTERS." Below that is "STEAK SEASONING" in large, bold letters. The main body of text describes the seasoning as a mix of spices for steaks, roasts, and chicken, and provides cooking instructions for rare, med. rare, and medium steaks. It also includes a "GRILLING TIPS" section with advice on charcoal preparation and grill distance. A "Nutrition Facts" table is located in the bottom left, and the ingredients list is 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.

**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	
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. Below the stars is the text "ORIGINAL" with a crossed fork and knife icon, and "TASTE. IT MATTERS." Below that is "STEAK SEASONING" written vertically in large, bold letters. At the bottom, it says "NET WT. 1 oz. (28g)".

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**STEAK SEASONING**

NET WT. 1 oz. (28g)