

NUTRITIONAL FACTS

THE KANSAS CITY STEAK COMPANY

8(4oz) Flat Iron Steaks

Nutrition Facts	
Serving size	1 steak
Amount Per Serving	
Calories	310
% Daily Value*	
Total Fat 19g	24%
Saturated Fat 7g	35%
<i>Trans</i> Fat 0.5g	
Cholesterol 110mg	37%
Sodium 125mg	5%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 32g	64%
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.	

Mechanically Tenderized Beef

Grill until product reaches 145F as measured by a food thermometer, and hold the product at or above that temperature for 3 minutes.

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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. Below the stars is the text "ORIGINAL TASTE. IT MATTERS." and "STEAK SEASONING". The main body of text describes the seasoning's use and provides cooking instructions for rare, med. rare, and medium steaks. It also includes a "Nutrition Facts" table, "Grilling Tips", and "Charcoal Preparation" instructions. The bottom of the packet lists the distributor information.

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.

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.

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.

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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★ ★ ★ ★ ★
ORIGINAL
TASTE. IT MATTERS.
STEAK SEASONING

NET WT. 1 oz. (28g)