NUTRITIONAL FACTS

THE KANSAS CITY STEAK COMPANY

8 (4.5oz) Classic Steakburgers

Nutrition Facts	
Serving size	**1 Steakburger (128g)**
Amount Per Serving	
Calories	**310**
	% Daily Value*
Total Fat 24g	**31%**
Saturated Fat 9g	**45%**
Trans Fat 0g	
Cholesterol 90mg	**30%**
Sodium 85mg	**4%**
Total Carbohydrate 0g	**0%**
Dietary Fiber 0g	**0%**
Total Sugars 0g	
Includes 0g Added Sugars	**0%**
Protein 22g	**44%**
Vitamin D 0mcg	0%
Calcium 26mg	2%
Iron 2.7mg	15%
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: Beef

NUTRITIONAL FACTS

THE KANSAS CITY STEAK COMPANY

6 (8oz) Classic Steakburgers

Nutrition Facts	
Serving size	**1/2 Patty (113g)**
Amount Per Serving	
Calories	**280**
	% Daily Value*
Total Fat 22g	**28%**
Saturated Fat 8g	**40%**
Trans Fat 1.5g	
Cholesterol 80mg	**27%**
Sodium 75mg	**3%**
Total Carbohydrate 0g	**0%**
Dietary Fiber 0g	**0%**
Total Sugars 0g	
Includes 0g Added Sugars	**0%**
Protein 20g	**40%**

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

NUTRITIONAL FACTS

THE KANSAS CITY STEAK COMPANY

6(6oz) Brisket Chuck Burgers

Nutrition Facts	
Serving size	**1 Burger (170g)**
Amount Per Serving	
Calories	**530**
	% Daily Value*
Total Fat 46g	**59%**
Saturated Fat 18g	**90%**
Trans Fat 3g	
Cholesterol 130mg	**43%**
Sodium 110mg	**5%**
Total Carbohydrate 0g	**0%**
Dietary Fiber 0g	**0%**
Total Sugars 0g	
Includes 0g Added Sugars	**0%**
Protein 26g	**52%**

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

NUTRITIONAL FACTS

THE KANSAS CITY STEAK COMPANY

1 oz Original Steak Seasoning

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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).

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.

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

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STEAK SEASONING

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TASTE. IT MATTERS.

NET WT. 1 oz. (28g)