

NUTRITIONAL FACTS

THE KANSAS CITY STEAK COMPANY

8 (5oz) Top Sirloin Steaks

Nutrition Facts	
Serving size	1 Steak (142g)
Amount Per Serving	
Calories	300
% Daily Value*	
Total Fat 20g	26%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 75mg	25%
Sodium 70mg	3%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 28g	56%
Vitamin D 0mcg	0%
Calcium 52mg	4%
Iron 1.8mg	10%
Potassium 0mg	0%
Vitamin A	0%
Vitamin C	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: Mechanically Tenderized Beef

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

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1 (32oz) New York Style Cheesecake

Nutrition Facts	
Serving size	1 Slice (113g)
Amount Per Serving	
Calories	470
% Daily Value*	
Total Fat 36g	46%
Saturated Fat 19g	95%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 330mg	14%
Total Carbohydrate 31g	11%
Dietary Fiber 0g	0%
Total Sugars 24g	
Includes 22g Added Sugars	44%
Protein 6g	12%
Vitamin D 0.4mcg	2%
Calcium 78mg	6%
Iron 0.72mg	4%
Potassium 94mg	2%
Vitamin A	0%
Vitamin C	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: CREAM CHEESE (PASTEURIZED MILK AND CREAM, CHEESE CULTURE, SALT, GUAR GUM, CAROB BEAN GUM, XANTHAN GUM), SUGAR, EGG, PALM OIL, GRAHAM CRUMB (UNBLEACHED UNENRICHED WHEAT FLOUR, GRAHAM FLOUR, SUGAR, PALM OIL, MOLASSES, HONEY, SALT, SODIUM BICARBONATE), CREAM, SOYBEAN OIL, CORN STARCH, SALT, LEMON JUICE, VANILLA EXTRACT, WALNUT OIL

Contains: EGG, MILK, SOYBEANS, TREE NUTS AND WHEAT.

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5 oz. Cheddar Bacon Twice Baked Potatoes

Nutrition Facts	
48 servings per container	
Serving size	1 potato (142g)
Amount per serving	
Calories	220
% Daily Value*	
Total Fat 11g	14%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 420mg	18%
Total Carbohydrate 25g	9%
Dietary Fiber 2g	7%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 0.1mcg	0%
Calcium 90mg	6%
Iron 1.2mg	6%
Potassium 610mg	15%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet.	
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Ingredient Statement:

BAKED POTATO, SOUR CREAM (CULTURED CREAM), CHEDDAR CHEESE (PASTEURIZED MILK, SALT, CHEESE CULTURES, ENZYMES, CONTAINS LESS THAN 2% ANNATTO), BUTTER (CREAM, SALT), WATER, FULLY COOKED BACON (PORK CURED WITH: WATER, SALT, SODIUM PHOSPHATES, SODIUM ERYTHORBATE, SODIUM NITRITE. MAY CONTAIN SUGAR, BROWN SUGAR, SMOKE FLAVORING), DEHYDRATED POTATOES, SALT, XANTHAN GUM, ONION POWDER, CHIVES, WHITE PEPPER.
CONTAINS: MILK.

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Original Steak Seasoning Packet



ESTABLISHED 1941
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, hamburgers and chickens.

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 (0.4g)
 Servings About 28

Amount Per Serving	
Calories 0	Calories from Fat 0
% Daily Value	
Total Fat 1g	2%
Sodium 200mg	8%
Total Carbohydrate 1g	2%
Protein 0g	

Percent Daily Values are based on a 

INGREDIENTS: SALT, SPICES, MONOSODIUM GLUTAMATE, HYDROLYZED SOYBEAN PROTEIN, MSG (WATER).

Distributed by: The Kansas City Steak Company, Kansas City, KS 66106
 kansascitysteaks.com 800.524.1844



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STEAK SEASONING

★★★★★
ORIGINAL
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NET WT. 1 oz. (28g)

CHARCOAL PREPARATION

- ★ Moisten 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.