

NUTRITIONAL FACTS

HEARTLAND FRESH

Tater Crusted Crispy Chicken Strips

Nutrition Facts	
about 21 servings per container	
Serving size	1 strip (64g)
Amount per serving	
Calories	110
% Daily Value*	
Total Fat 3.5g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 450mg	20%
Total Carbohydrate 10g	4%
Dietary Fiber 0g	0%
Total Sugars <1g	
Includes <1g Added Sugars	0%
Protein 11g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 240mg	6%
<small>*The % Daily Value 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: Chicken Breast Strips with Rib Meat, Water, Seasoning (Buttermilk Powder, Salt, Sugar, Natural Flavors, Maltodextrin, Garlic Powder, Spices [Including Celery Seed], Yeast Extract, Onion Powder, Citric Acid), Salt, Sodium Phosphates. Breaded and Battered With: Wheat Flour, Water, Dehydrated Potatoes, Rice Flour, contains 2% or less of Tapioca Starch, Salt Modified Food Starch, Buttermilk Solids, Yellow Corn Flour, Natural Flavor, Wheat Gluten, Maltodextrin, Spice, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Monocalcium Phosphate), Buttermilk Blend (Buttermilk Whey Solids), Sugar, Yeast, Food Starch, Dextrose, Extractives of Paprika and Turmeric. Breeding Set in Vegetable Oil.

CONTAINS: MILK, WHEAT.

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HEARTLAND FRESH

6" Pressed Flour Tortilla

Nutrition Facts	
12 servings per container	
Serving size	2 tortillas (56g)
Amount per serving	
Calories	170
% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 320mg	14%
Total Carbohydrate 27g	10%
Dietary Fiber 1g	4%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 50mg	4%
Iron 1mg	6%
Potassium 40mg	0%
<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: ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, PALM OIL, **CONTAINS 2% OR LESS OF:** TORTILLA MIX (SALT, VITAL WHEAT GLUTEN, LEAVENING [SODIUM BICARBONATE, SODIUM ALUMINUM SULFATE, SODIUM ALUMINUM PHOSPHATE], PRESERVATIVE [CALCIUM PROPIONATE], DEXTROSE, DOUGH CONDITIONERS [MONOGLYCERIDES, MONO- AND DIGLYCERIDES, ENZYMES AND SODIUM METABISULFITE], FUMARIC ACID, GUAR GUM, AND SORBIC ACID).

CONTAINS: WHEAT