

NUTRITIONAL FACTS

HEARTLAND FRESH

18 Chicken Fried Chicken or Steak and Biscuits



KEEP FROZEN

BAKED buttermilk biscuits

Nutrition Facts

Serving Size: 1 Biscuit (2.3oz/65g)
Servings Per Container: 9 per bag

Amount Per Serving
Calories 250 Calories from Fat 120

	% Daily Value*
Total Fat 14g	21%
Saturated Fat 7g	37%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 350mg	15%
Total Carbohydrate 29g	10%
Dietary Fiber 1g	5%
Sugars 3g	

Protein 4g

Vitamin A 0% Vitamin C 0%
Calcium 4% Iron 10%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

REHEAT FROM FROZEN:

Preheat oven to 350°F. Place frozen biscuits on a lined baking sheet. Bake for 12-15 minutes, just until the top becomes a deep golden brown.

INGREDIENTS: Enriched Bleached Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Palm Oil, Sugar, contains less than 2% of: Buttermilk Powder, Leavening (Food Starch-Modified, Sodium Bicarbonate, Sodium Acid Pyrophosphate, Monocalcium Phosphate), Milk Solids (Nonfat Dry Milk, Lactose), Salt, Dextrose, Glucose Syrup, Vegetable Fiber, Natural Flavor, Potassium Chloride, Maltodextrin, Egg, Wheat Starch, Soy Lecithin, Whey.

CONTAINS: WHEAT, MILK, SOY, EGG.

Distributed by HEARTLAND FRESH FOODS
2856 Guinotte Avenue Kansas City MO 64120

NET WT 20.70 OZ (1.29LB)

NUTRITIONAL FACTS

HEARTLAND FRESH

18 Chicken Fried Chicken or Steak and Biscuits

INGREDIENTS: Chicken Breast Filet with Rib Meat, Water, Salt, Sodium Phosphates. **BREADED WITH:** Wheat Flour, Rice Flour, Egg Whites, Salt, Modified Corn Starch, Wheat Gluten, Spice, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Monocalcium Phosphate), Soybean Oil (as a processing aid), Corn Starch. **BATTERED WITH:** Water, Wheat Flour, Rice Flour, Modified Corn Starch, Yellow Corn Flour, Salt, Buttermilk Solids, Buttermilk Blend (Buttermilk, Whey Solids), Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Monocalcium Phosphate), Soybean Oil (as a processing aid), Corn Starch. **PREDUSTED WITH:** Wheat Flour, Egg Whites, Rice Flour, Buttermilk Solids, Wheat Gluten, Modified Corn Starch, Salt, Buttermilk Blend (Buttermilk, Whey Solids), Soybean Oil (as a processing aid), Spice. Breeding Set in Soybean Oil.
CONTAINS: MILK, EGG, WHEAT.

Nutrition Facts	
Serving Size: 1 filet (142g)	
Servings Per Container: About 9	
Amount Per Serving	
Calories 230	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 710mg	30%
Total Carbohydrate 20g	7%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 23g	
Vitamin A 0%	Vitamin C 2%
Calcium 2%	Iron 10%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

NUTRITIONAL FACTS

HEARTLAND FRESH

18 Chicken Fried Chicken or Steak and Biscuits

Nutrition Facts	
Serving Size 2 Tbsp (9g)	
Servings Per Container 8	
Amount Per Serving	
Calories	40
Calories from Fat	20
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 250mg	10%
Total Carbohydrate 5g	2%
Dietary Fiber 0g	0%
Sugars 0g	
Protein less than 1g	
Vitamin A 0%	• Vitamin C 0%
Riboflavin 2%	• Thiamine 0%
*Percent Daily Values are based on a 2,000 calorie diet.	

INGREDIENTS: MODIFIED FOOD STARCH, PALM OIL, CORN SYRUP SOLIDS, WHEAT FLOUR, BUTTERMILK, SALT, DEXTROSE, SODIUM CASEINATE (A MILK DERIVATIVE), ENZYME MODIFIED CREAM, SUGAR, BLACK PEPPER, MONO AND DIGLYCERIDES, SOY LECITHIN, SOYBEAN OIL, CARMEL COLOR, ANNATTO EXTRACT, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID.

CONTAINS SOY, WHEAT AND MILK.

MANUFACTURED IN A FACILITY THAT PROCESSES EGG.