

# NUTRITIONAL FACTS

HEARTLAND FRESH

## 3.5-lb Grilled & Fully Cooked Chicken Wings

### Carolina BBQ



**INGREDIENTS:** Chicken Wings, Sodium Citrate Blend (Buffered Sodium Citrate, Sodium Diacetate), Salt, Sugar, Dijon Mustard Powder (Dijon Mustard (Distilled Vinegar, Mustard, Salt, White Wine, Citric Acid, Tartaric Acid, Spices), Maltodextrin, Modified Corn Starch, Natural Flavor), Maltodextrin, Mustard, Garlic Powder, Spices, Chili Pepper, Onion Powder, Mustard Flour, Natural Flavors, Vinegar, Paprika, Dehydrated Parsley, Honey, Extractives Of Turmeric, Blended Oil (80% Soybean Oil, 20% Extra Virgin Olive Oil).

### Nutrition Facts

Serving Size: 2 wings (85g)  
Servings Per Container: About 18

Amount Per Serving  
**Calories 170** Calories from Fat 100

% Daily Value\*

**Total Fat 11g** 17%

Saturated Fat 3g 15%

Trans Fat 0g

**Cholesterol 90mg** 30%

**Sodium 500mg** 21%

**Total Carbohydrate 2g** 1%

Dietary Fiber 0g 0%

Sugars 1g

**Protein 14g**

Vitamin A 2% Vitamin C 0%

Calcium 2% Iron 4%

\* 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

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## 3.5-lb Grilled & Fully Cooked Chicken Wings

### Smoky Ranch

**INGREDIENTS:** Chicken Wings, Sodium Citrate Blend (Buffered Sodium Citrate, Sodium Diacetate), Salt, Brown Sugar, Tomato Powder, Buttermilk Solids, Spices (Including Celery Seed), Sugar, Garlic Powder, Onion Powder, Cultured Buttermilk, Sour Cream (Cream, Cultures, Lactic Acid), Natural Flavors, Maltodextrin, Cheddar Cheese (Milk, Cheese Culture, Salt, Enzymes), Modified Corn Starch, Dehydrated Parsley, Cultured Nonfat Milk, Citric Acid, Whey, Lactic Acid, Natural Smoke Flavor, Maple Syrup, Molasses, Vanilla Extract, Yeast Extract, Corn Syrup Solids, Blended Oil (80% Soybean Oil, 20% Extra Virgin Olive Oil).. **CONTAINS: MILK.**

## Nutrition Facts

Serving Size 2 wings (85g)  
Servings Per Container about 18

### Amount Per Serving

**Calories** 170    **Calories from Fat** 100

% Daily Value\*

**Total Fat** 11g    **17%**

Saturated Fat 3g    **15%**

Trans Fat 0g

**Cholesterol** 90mg    **30%**

**Sodium** 380mg    **16%**

**Total Carbohydrate** 2g    **1%**

Dietary Fiber 0g    **0%**

Sugars 1g

**Protein** 15g

Vitamin A 2%    • Vitamin C 0%

Calcium 2%    • Iron 2%

\*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

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## 3.5-lb Grilled & Fully Cooked Chicken Wings

### Nashville Sweet Heat

**INGREDIENTS:** Chicken Wings, Sodium Citrate Blend (Buffered Sodium Citrate, Sodium Diacetate), Brown Sugar, Salt, Sugar, Maltodextrin, Hot Sauce (Aged Cayenne Peppers, Vinegar, Salt, Garlic Powder), Garlic Powder, Onion Powder, Paprika, Natural Flavors, Chili Pepper, Spices, Anhydrous Milk Fat, Extractives Of Paprika, Nonfat Milk, Maple Syrup, Mustard Seed, Molasses, Vanilla Extract, Citric Acid, Blended Oil (80% Soybean Oil, 20% Extra Virgin Olive Oil). **CONTAINS: MILK.**

#### Nutrition Facts

Serving Size: 2 wings (85g)  
Servings Per Container: About 18

Amount Per Serving  
**Calories 170** Calories from Fat 100

% Daily Value\*

**Total Fat 11g** 17%

Saturated Fat 3g 15%

Trans Fat 0g

**Cholesterol 90mg** 30%

**Sodium 440mg** 18%

**Total Carbohydrate 2g** 1%

Dietary Fiber 0g 0%

Sugars 1g

**Protein 14g**

Vitamin A 10% Vitamin C 0%

Calcium 2% Iron 2%

\* 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