

NUTRITIONAL FACTS

HEARTLAND FRESH

Gravy

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, CARAMEL COLOR, ANNATTO EXTRACT, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID.

CONTAINS SOY, WHEAT AND MILK.

MANUFACTURED IN A FACILITY THAT PROCESSES EGG.

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Croissants

Nutrition Facts

9 Servings Per Container

Serving Size: 1 Croissant (71g)

Amount Per Serving

Calories **280**

% Daily Value*

Total Fat 12g 15%

Saturated Fat 7g 35%

Trans Fat 0g

Cholesterol 40mg 13%

Sodium 430mg 19%

Total Carbohydrate 36g 13%

Dietary Fiber 2g 7%

Sugars 36g

Protein 7g

Vitamin D 0% Iron 2mg 10%

Calcium 40mg 4% Potassium 0%

* 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.

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Chicken Fried Chicken

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. **Breading 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.	
Total Fat	Calories: 2,000 2,500
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	

Distributed by: **Heartland Fresh Foods**
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