

# NUTRITIONAL FACTS

HEARTLAND FRESH

## Chicken Fried Chicken

| <b>Nutrition Facts</b>  |                             |
|---|-----------------------------|
| Serving Size: 1 filet (142g)  |                             |
| Servings Per Container: About 10  |                             |
| Amount Per Serving  |                             |
| <b>Calories 230</b>   | <b>Calories from Fat 50</b> |
| % Daily Value*  |                             |
| <b>Total Fat 6g</b>   | <b>9%</b>                   |
| Saturated Fat 0.5g  | 3%                          |
| Trans Fat 0g  |                             |
| <b>Cholesterol 50mg</b>   | <b>17%</b>                  |
| <b>Sodium 710mg</b>   | <b>30%</b>                  |
| <b>Total Carbohydrate 20g</b>   | <b>7%</b>                   |
| Dietary Fiber 1g  | 4%                          |
| Sugars 1g   |                             |
| <b>Protein 23g</b>  |                             |
| 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  |                             |

**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 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, and Buttermilk Blend (Buttermilk, Whey Solids), Soybean Oil (As A Processing Aid), and Spice. Breading set in soybean oil. CONTAINS: MILK, EGG, WHEAT

# NUTRITIONAL FACTS

HEARTLAND FRESH

## Gravy Mix

### Preparation Instructions

1. Whisk together gravy mix and 1/2 cup cool tap water. Set aside.
2. Measure and pour 1 1/2 cups of water into a sauce pan. Bring water to a full boil.
3. Pour and whisk the gravy mix/water blend into the boiling water. Stir until thickened.
4. Remove from heat. If necessary, thin gravy with additional water. Yield: 2 cups.

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

Distributed by:  
Heartland Fresh  
2856 Guinotte Ave  
Kansas City, MO 64120

**INGREDIENTS:** MODIFIED FOOD STARCH, PALM OIL, CORN SYRUP SOLIDS, WHEAT FLOUR, BUTTERMILK, SALT, DEXTROSE, SODIUM CASENATE (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.

# NUTRITIONAL FACTS

HEARTLAND FRESH

## Original Southern Biscuits

### Nutrition Facts

Serving Size: 1 Biscuit (2.3oz/65g)  
Servings Per Container: 10 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 30g 37g

Dietary Fiber 25g 30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

**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.**

# NUTRITIONAL FACTS

HEARTLAND FRESH

## Cinnamon Sweet Potato

| <b>Nutrition Facts</b>               |            |
|--------------------------------------|------------|
| <b>Serving Size: 1 biscuit (64g)</b> |            |
| 10 Servings Per Container            |            |
| Amount Per Serving                   |            |
| <b>Calories</b>                      | <b>190</b> |
| % Daily Value*                       |            |
| <b>Total Fat</b> 8g                  | 10%        |
| Saturated Fat 4g                     | 20%        |
| Trans Fat 0g                         |            |
| <b>Cholesterol</b> 5mg               | 2%         |
| <b>Sodium</b> 440mg                  | 19%        |
| <b>Total Carbohydrate</b> 27g        | 10%        |
| Dietary Fiber 1g                     | 4%         |
| Total Sugars 6g                      |            |
| Includes 4g Added Sugars             | 8%         |
| <b>Protein</b> 3g                    |            |
| Vitamin D 0mcg                       | 0%         |
| Calcium 94mg                         | 8%         |
| Iron 2mg                             | 10%        |
| Potassium 61mg                       | 2%         |

\* The 5 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.

INGREDIENTS: Enriched Bromated Wheat Flour (Bleached Wheat Flour, Malted Barley Flour, Iron, Niacin, Potassium Bromate, Thiamine Mononitrate, Riboflavin, Folic Acid), Vegetable Shortening (Soybean Oil, Fully Hydrogenated Soybean Oil, Palm Oil), Leavening (Baking Soda, Cornstarch, Sodium Aluminum Sulfate, Calcium Sulfate, Monocalcium Phosphate), Salt, Dextrose, Pasteurized Non-Fat Dry Milk, Pasteurized Whole Egg Solids (Whole Egg Solids, Sodium Silico Aluminate [Processing Aid]), Sugar, Enzymes, Ascorbic Acid, Whole Milk (Vitamin D), Sweet Potato Puree (Sweet Potatoes, Water, Cane Sugar), Brown Sugar, Ground Cinnamon.

CONTAINS: EGG, MILK, WHEAT

Produced On Equipment That Also Produces Products With Soy And Tree Nuts