

NUTRITIONAL FACTS

HEARTLAND FRESH

Heartland Fresh Chicken Fried Chicken

Nutrition Facts	
Serving Size: 1 filet (142g)	
Servings Per Container: About 12	
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	

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

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Heartland Fresh Gravy

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	
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.	

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.