

NUTRITIONAL FACTS

HEARTLAND FRESH

HEARTLAND FRESH ITALIAN BREADED PORK TENDERLOIN

Ingredients: Pork, Water, Salt, Vinegar, Corn Syrup Solids, Garlic Powder, Concentrated Lemon Juice, Natural Flavors, Olive Oil, Sodium Bicarbonate, Breaded With Bleached Wheat Flour, Parmesan Cheese (Pasteurized Part Skim Milk, Cheese Culture, Salt, Enzymes), Dehydrated Garlic, Sugar, Spice, Yeast, Dehydrated Parsley, Soybean Oil (As A Processing Aid), Salt, Extractives Of Paprika, Corn Starch, Tapioca Dextrin, Soybean Oil (As A Processing Aid).

Contains: Wheat, Milk

Nutrition Facts			
Serving Size 1 piece, 5 oz (142g)			
Servings Per Container 10			
Amount Per Serving			
Calories 180		Calories from Fat 30	
% Daily Value*			
Total Fat 3.5g			5%
Saturated Fat 1g			5%
Trans Fat 0g			
Cholesterol 75mg			25%
Sodium 650mg			27%
Total Carbohydrate 4g			1%
Dietary Fiber 3g			12%
Sugars 0g			
Protein 29g			
Vitamin A 0%		Vitamin C 0%	
Calcium 2%		Iron 6%	
*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

NUTRITIONAL FACTS

HEARTLAND FRESH

HEARTLAND FRESH ORIGINAL SOUTHERN BREADED PORK TENDERLOIN

Ingredients: Pork, Water, Maltodextrin, Salt, Sugar, Onion Powder, Natural Flavors Sodium Bicarbonate, BreaDED With Enriched Wheat Flour (Enriched With Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Modified Corn Starch, Buttermilk Solids, Buttermilk Blend (Buttermilk, Whey Solids), Whey, Garlic Powder, Salt, Palm Oil, Yellow Corn Flour, Sugar, Spice, Yeast, Soybean Oil (As A Processing Aid), Caramel Color, Natural Flavor, Extractives Of Paprika, Corn Starch, Tapioca Dextrin, Soybean Oil (As A Processing Aid).

Contains: Wheat, Milk

Nutrition Facts

Serving Size 1 piece, 5 oz (142g)
Servings Per Container 10

Amount Per Serving

Calories 180 Calories from Fat 30

% Daily Value*

Total Fat 3.5g **5%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 75mg **25%**

Sodium 650mg **27%**

Total Carbohydrate 4g **1%**

Dietary Fiber 3g **12%**

Sugars 0g

Protein 29g

Vitamin A 0% • Vitamin C 0%

Calcium 2% • Iron 6%

*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