

# NUTRITIONAL FACTS

## Heartland Fresh Original Southern Chicken Fried Chicken Nuggets

INGREDIENTS: Chicken Breast Meat 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.

<b>Nutrition Facts</b>	
Serving Size: 3 oz (84g)	
Servings Per Container 16	
Amount Per Serving	
<b>Calories 140</b>	<b>Calories from Fat 30</b>
% Daily Value*	
<b>Total Fat 3.5g</b>	5%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol 30mg</b>	10%
<b>Sodium 500mg</b>	21%
<b>Total Carbohydrate 12g</b>	4%
Dietary Fiber 0g	0%
Sugars 0g	
<b>Protein 14g</b>	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	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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