

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.

| Nutrition Facts | |
|---|------------------------------|
| Serving Size: 3 oz (84g) | |
| Servings Per Container 16 | |
| Amount Per Serving | |
| Calories 140 | Calories from Fat 30 |
| % Daily Value* | |
| Total Fat 3.5g | 5% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Cholesterol 30mg | 10% |
| Sodium 500mg | 21% |
| Total Carbohydrate 12g | 4% |
| Dietary Fiber 0g | 0% |
| Sugars 0g | |
| Protein 14g | |
| 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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Heartland Fresh Chicken Fried Chicken

| 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. | |
| | 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% |
| <small>*Percent Daily Values are based on a 2,000 calorie diet.</small> | |

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.

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