

NUTRITIONAL FACTS

FAMILY FARMS

Family Farms (6) 14-oz Bacon Wrapped Stuffed Chicken

Broccoli Cheddar

Nutrition Facts	
2 servings per container	
Serving size	1/2 piece (213g)
Amount Per Serving	
Calories	400
% Daily Value*	
Total Fat 24g	31%
Saturated Fat 12g	60%
Trans Fat 0g	
Cholesterol 110mg	37%
Sodium 1940mg	84%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 38g	76%
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%

*The % Daily Value (DV) 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: CHICKEN BREAST, BACON (CURED WITH WATER, SALT, SUGAR, SODIUM PHOSPHATE, SODIUM ERYTHORBATE, SODIUM NITRITE), MEDIUM CHEDDAR CHEESE (PASTEURIZED PROCESSED CHEDDAR CHEESE, CULTURED MILK, SALT, ENZYMES, WATER, CREAM, SODIUM PHOSPHATE, BETA CAROTENE, POTASSIUM SORBATE AND NATAMYCIN); PASTEURIZED PROCESSED HI-TEMP SWISS CHEESE (PASTEURIZED PROCESSED SWISS CHEESE CULTURED MILK, SALT, ENZYMES, WATER, CREAM, SODIUM PHOSPHATE, SORBIC ACID, POTASSIUM SORBATE AND NATAMYCIN); MOZZARELLA CHEESE (PASTEURIZED PROCESSED MOZZARELLA STYLE CHEESE (CULTURED MILK, WATER, CREAM, SKIM MILK, SODIUM PHOSPHATES, SALT ENZYMES, POTASSIUM SORBATE AND NATAMYCIN)
ALLERGENS – CONTAINS MILK/DAIRY
KEEP REFRIGERATED OR FROZEN

Cordon Bleu

Nutrition Facts	
Servings Per Container 2	
Serving Size	1/2 piece (200g)
Amount Per Serving	
Calories	310
% Daily Value*	
Total Fat 16g	21%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 120mg	40%
Sodium 1080mg	47%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 36g	
Vitamin D 0mcg	0%
Calcium 154mg	10%
Iron 1mg	6%
Potassium 437mg	10%

*The % 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.

Calories per gram:
 Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: CHICKEN BREAST, BACON (CURED WITH WATER, SALT, SUGAR, SODIUM PHOSPHATE, SODIUM ERYTHORBATE, SODIUM NITRITE), HAM (CURED WITH; WATER, SUGAR, SODIUM PHOSPHATES, SODIUM ERYTHORBATE, SODIUM NITRITE FLAVOR.), PASTEURIZED PROCESSED HI-TEMP SWISS CHEESE (PASTEURIZED PROCESSED SWISS CHEESE) SWISS CHEESE (CULTURED MILK, SALT AND ENZYMES), WATER, CREAM, SODIUM PHOSPHATE, SALT, SORBIC ACID (A PRESERVATIVE), POWDERED CELLULOSE (TO PREVENT CAKING), POTASSIUM SORBATE AND NATAMYCIN (PRESERVATIVES).
ALLERGENS – CONTAINS MILK/DAIRY
KEEP REFRIGERATED OR FROZEN