

NUTRITIONAL FACTS

HEARTLAND FRESH

Original Southern Chicken Fried Chicken

INGREDIENTS: Chicken Breast Filets with Rib Meat, Water, Salt, Sodium Phosphates. **BREADED AND BATTERED WITH:** Wheat Flour, Water, Rice Flour, contains 2% or less of Modified Food Starch, Egg Whites, Salt, Wheat Gluten, Buttermilk Solids, Spice, Yellow Corn Flour, Buttermilk Blend (Buttermilk, Whey Solids), Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Monocalcium Phosphate), Food Starch. Breading Set in Vegetable Oil.
CONTAINS: WHEAT, EGG, MILK.

Nutrition Facts	
about 9 servings per container	
Serving size	1 filet (142g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 690mg	30%
Total Carbohydrate 20g	7%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 23g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 1mg	6%
Potassium 112mg	2%

*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.

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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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Tater Crusted Crispy Chicken Fried Chicken

INGREDIENTS: Chicken Breast Fillets with Rib Meat, Water, Wheat Flour, Dehydrated Potatoes, Rice Flour, contains 2% or less of Salt Tapioca Starch, Buttermilk Powder, Modified Food Starch, Buttermilk Solids, Natural Flavors, Sodium Phosphates, Sugar, Yellow Corn Flour, Wheat Gluten, Maltodextrin, Spices (including Celery Seed), Buttermilk Blend (Buttermilk, Whey Solids), Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Monocalcium Phosphate), Yeast, Dextrose, Garlic Powder, Extractives of Paprika and Turmeric, Yeast Extract, Onion Powder, Corn Starch, Citric Acid. Breading Set in Vegetable Oil.

CONTAINS: WHEAT, MILK.

Nutrition Facts	
about 10 servings per container	
Serving size	1 fillet (142g)
Amount per serving	
Calories	250
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 70mg	23%
Sodium 990mg	43%
Total Carbohydrate 22g	8%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes <1g Added Sugars	0%
Protein 24g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 0,7mg	4%
Potassium 530mg	10%

*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.

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