

NUTRITIONAL FACTS

HEARTLAND FRESH

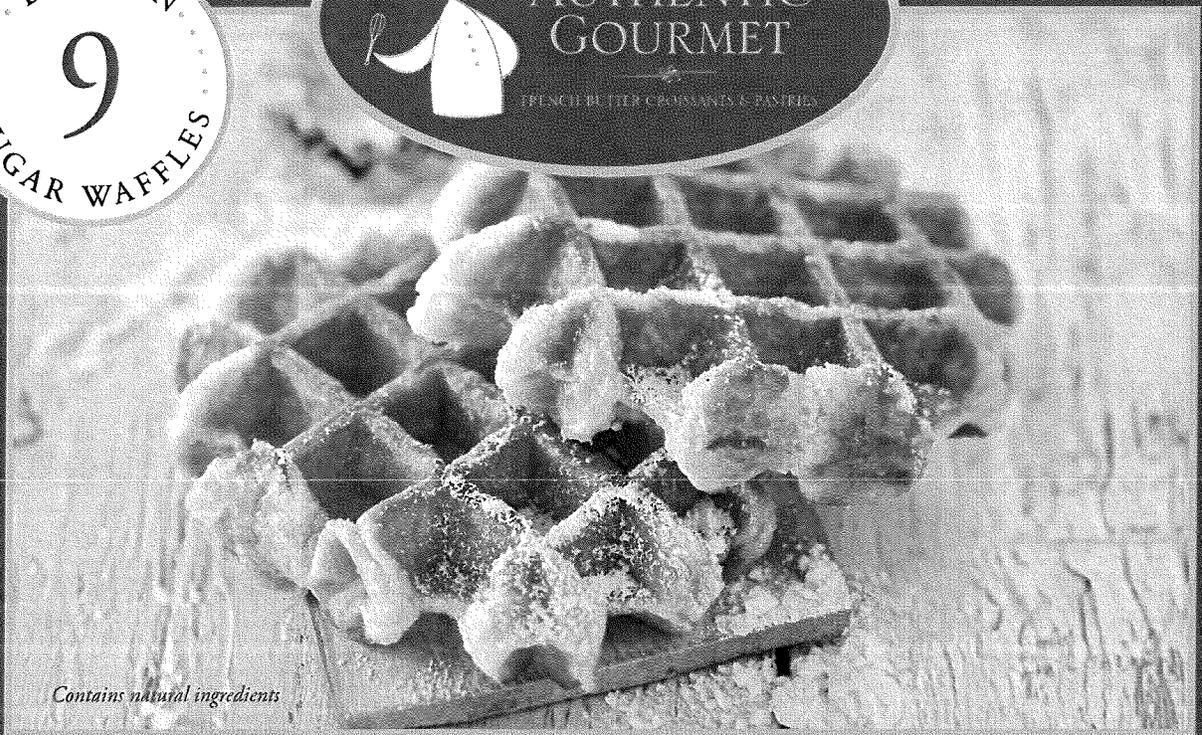
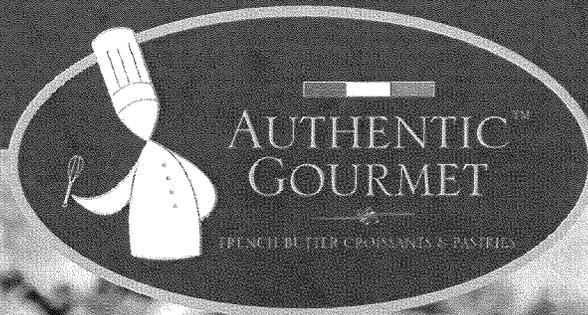
(9) 5 oz. Chicken Fried Chicken

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	6%
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.

BELGIAN
9
SUGAR WAFFLES



Contains natural ingredients

Serving Suggestion Only

NET WEIGHT 2.28 lbs

IMPORTANT:
Must be kept frozen at 0°F/-18°
Must Be Kept in the Freezer After Opening

Made in France

Belgian Sugar Waffles

Nutrition Facts

Serving size
1 Sugar Waffle (115g)

Amount per serving
Calories 520

	% Daily Value*
Total Fat 29g	37%
Saturated Fat 14g	70%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 340mg	15%
Total Carbohydrate 57g	21%
Dietary Fiber 3g	11%
Total Sugars 25g	
Includes 21g Added Sugars	42%
Protein 6g	12%

Vit. D 0mcg 0% • Calcium 105mg 8%
Iron 29mg 160% • Potas. 90mg 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.

Ingredients: flour (WHEAT); vegetable oils and fats (palm); sugar; water; yeast; EGG; invert sugar syrup; whole MILK powder; salt; natural flavour; emulsifier (E471); acid (citric acid); colour (carotenes).

Contains: Milk, eggs, wheat.

Produced in a plant that uses: Soybeans.

BAKING INSTRUCTIONS

*Let the product thaw for
+/- 4 hours at room temperature.*

DO NOT REFREEZE AFTER DEFROSTING.

Manufactured for:
AUTHENTIC GOURMET
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MADE IN FRANCE