

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 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.

NUTRITIONAL FACTS

Slider Rolls

Ingredients Enriched Unbleached Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Cane Sugar, Shortening (Palm Oil, Mono & Diglycerides, Polysorbate 60), Contains 2% Or Less Of: Yeast, Salt, Wheat Gluten, Sodium Caseinate And Whey Protein Concentrate, Butter Flavored Oil (Water, Soybean Oil, Natural And Artificial Flavors, Xanthan Gum, Sodium Benzoate [Preservative], Citric Acid [Preservative], Annatto, BHA And Mixed Tocopherols), Dough Conditioner (Calcium Sulfate, Ascorbic Acid [Vitamin C], Calcium Peroxide, Enzymes And Ammonium Sulfate). **Contains: Milk, Soybean, Wheat**

Nutrition Facts	
15 servings per container	
Serving size	1 roll (43g)
Amount per serving	
Calories	110
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 190mg	8%
Total Carbohydrate 19g	7%
Dietary Fiber 1g	4%
Total Sugars 3g	
Includes 3g Added Sugars	6%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 9mg	0%
Iron 1mg	6%
Potassium 30mg	0%
<small>*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.</small>	