

NUTRITIONAL FACTS

Heartland Fresh

(16) 6 oz. Stuffed Chicken Breasts

Nutrition Facts	
Serving Size 1 piece (168g)	
Servings Per Container 8	
Amount Per Serving	
Calories 310	Calories from Fat 160
% Daily Value*	
Total Fat 18 g	28%
Saturated Fat 9 g	40%
Trans Fat 0 g	
Cholesterol 120 mg	40%
Sodium 480 mg	20%
Total Carbohydrate 2 g	1%
Dietary Fiber 0g	0%
Sugars 0 g	
Protein 34 g	
Vitamin A 10%	Vitamin C 0%
Calcium 25%	Iron 4%
*Percent Daily Values are based on a diet of 2,000 calories. Your daily values may be higher or lower depending on your calorie needs.	
Calories 2,000 2,500	
Total Fat	Less than 65g 80g
Sat 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 - Carbohydrates 4 - Protein 4	

INGREDIENTS: boneless skinless chicken breast, solution (water, potassium citrate, sodium diacetate, potassium phosphate), bacon (cured with: water, salt, sugar, sodium phosphate, sodium erythorbate, sodium nitrite), pasteurized processed cheddar cheese (cheddar cheese [cultured milk, salt, enzymes], water, cream, sodium phosphates, salt, vegetable color, [annatto and paprika extract blend], enzymes), powdered cellulose (to prevent caking), potassium sorbate and natamycin (preservatives), pasteurized processed monterey jack cheese product (cultured milk, water, cream, skim milk, sodium phosphates, salt, sorbic acid, enzymes), powdered cellulose (to prevent caking), potassium sorbate and natamycin (preservatives), pasteurized processed hot pepper jack style cheese (cultured milk, water, skim milk, whey, green and red jalapeno peppers, salt, sorbic acid, natural flavor, enzymes), powdered cellulose (to prevent caking), potassium sorbate and natamycin (preservatives), water, natural flavors, salt, garlic and spices. **CONTAINS: MILK**

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(16) 6 oz. Stuffed Chicken Breasts

Nutrition Facts	
Serving Size 1 piece (168g)	
Servings Per Container 8	
Amount Per Serving	
Calories 240	Calories from Fat 110
% Daily Value*	
Total Fat 12 g	18%
Saturated Fat 4.5 g	23%
Trans Fat 0 g	
Cholesterol 105 mg	35%
Sodium 360 mg	15%
Total Carbohydrate 2 g	1%
Dietary Fiber 0 g	0%
Sugars 1 g	
Protein 30 g	
Vitamin A 15%	Vitamin C 0%
Calcium 10%	Iron 2%
*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
Sat 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 - Carbohydrates 4 - Protein 4	

INGREDIENTS: boneless skinless chicken breast, pasteurized processed hot pepper jack style cheese (cultured milk water, cream, skim milk, whey, green and red jalapeno peppers, salt, casein, sorbic acid (preservative), titanium dioxide, enzymes), powdered cellulose (to prevent caking), potassium sorbate and natamycin (preservatives), asparagus, bacon (cured with: water, salt, sugar, sodium phosphate, sodium erythorbate, sodium nitrite), water, salt, dehydrated garlic and spices. **CONTAINS: MILK.**

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Nutrition Facts	
Serving Size 1 piece (168g)	
Servings Per Container 8	
Amount Per Serving	
Calories 300	Calories from Fat 150
% Daily Value*	
Total Fat 17 g	26%
Saturated Fat 7 g	35%
Trans Fat 0 g	
Cholesterol 115 mg	38%
Sodium 450 mg	19%
Total Carbohydrate 1 g	0%
Dietary Fiber 0 g	0%
Sugars 0 g	
Protein 33 g	
Vitamin A 6%	Vitamin C 0%
Calcium 15%	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
Sat 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 - Carbohydrates 4 - Protein 4	

INGREDIENTS: boneless skinless chicken breast, solution* (water, potassium citrate, sodium diacetate, potassium phosphate), pasteurized processed cheddar cheese (cheddar cheese [cultured milk, salt, enzymes], water, cream, sodium phosphates, salt, vegetable color [annatto and paprika extract blend], enzymes), powdered cellulose (to prevent caking), potassium sorbate and natamycin (preservatives), diced bacon (cured with water, salt, sugar, sodium nitrite, may also contain smoke flavoring, dextrose, brown sugar, sodium phosphates, sodium erythorbate, sodium ascorbate, potassium chloride, flavoring), bacon (cured with water, salt, sugar, sodium phosphate, sodium erythorbate, sodium nitrite), water, seasoning blend (sugar, salt, sodium citrate blend [buffered sodium citrate, sodium diacetate], maple sugar, spices, modified corn starch, maltodextrin, refinery syrup, onion powder, dehydrated garlic, autolyzed yeast extract, garlic powder, natural flavors, worcestershire sauce [vinegar, molasses, corn syrup, salt, caramel color, garlic powder, sugar, spices, tamarind, natural flavor], malic acid, chipotle pepper, molasses, natural smoke flavor (including applewood), tartaric acid, apple cider vinegar, caramel color), salt, dehydrated garlic and spices. **CONTAINS: MLK**

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Serving Size 1 piece (168g)	
Servings Per Container 8	
Amount Per Serving	
Calories 300	Calories from Fat 90
% Daily Value*	
Total Fat 10 g	15%
Saturated Fat 3.5 g	18%
Trans Fat 0 g	
Cholesterol 95 mg	32%
Sodium 470 mg	20%
Total Carbohydrate 16 g	5%
Dietary Fiber 3 g	12%
Sugars 6 g	
Protein 34 g	
Vitamin A 4%	Vitamin C 2%
Calcium 6%	Iron 6%
*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
Sat 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 - Carbohydrates 4 - Protein 4	

INGREDIENTS: boneless skinless chicken breast, solution* (water, potassium citrate, sodium diacetate, potassium phosphate), mushrooms, bacon (cured with water, salt, sugar, sodium phosphate, sodium erythorbate, sodium nitrite), precooked wild rice, pasteurized processed monterey jack cheese product (cultured milk, water, cream, skim milk, sodium phosphates, salt, sorbic acid, enzymes), powdered cellulose (to prevent caking), potassium sorbate and niobium (preservatives), vegetable olive oil blend (80% soybean oil and 20% extra virgin olive oil), chicken base (roasted chicken, salt, hydrolyzed corn protein, sugar, chicken fat, flavorings, corn syrup solids, disodium inosinate, disodium guanylate, extractive of turmeric and annatto (color), sodium caseinate, carageenan), chives, black pepper, salt (yellow prussiate of soda), salt, dehydrated garlic and spices. **CONTAINS: MILK**