

HERO CERTIFIED BURGERS®

Nutritional Info

Last Updated: April 9, 2012 | % indicates Daily Value

100%

- ✓ RANGE-FED
- ✓ HORMONE-FREE
- ✓ ANTIBIOTIC-FREE
- ✓ FULL TRACEABILITY



	Serving Size	Calories	Fat	Saturated Fat	Trans Fat	Omega 6	Omega 3	Monounsaturates	Cholesterol	Sodium	Carbohydrate	Fiber	Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron	Potassium	Gluten-Free	Halal Certified	Vegetarian	Vegan	Kosher
HERO 4oz. Burger	113g	302	26g	11.2g	0.9g	0g		0g	65.2mg	398.2mg	0.7mg	0.3g	0.1g	16g	0.1RE	0%	18.9mg	1.8mg	0mg	yes	yes			
HERO 6oz. Burger	170g	454	39g	16.8g	1.3g	0g		0g	98.1mg	599mg	1mg	0.5g	0.2g	24g	0.2RE	0%	28.3mg	2.7mg	0mg	yes	yes			
HERO 8oz. Burger	227g	606	52g	22.5g	1.8g	0g		0g	131mg	799.9mg	1.4mg	0.7g	0.2g	32g	0.2RE	0%	37.9mg	3.6mg	0mg	yes	yes			
Chicken Breast	121g	104	1.6%	0g	0g	0g		0g	0mg	542.1mg	0.12%	0g	0g	22.3%	0%	0%	0mg	0%	0mg	yes	yes			
Salmon	113g	120	4g	0.5g	0g				65mg	220mg	1g	0g	0g	21g	2%	0%	4%	4%						
Hot Dog	96g	290	24g	10g	0g	0g		0g	105mg	790mg	5g	0g	0g	13g	2%	0%	4%	10%	0mg					
Soul Burger	71g	90	1.5g	0.2g	0g				0mg	290mg	11g	3g	0g	8g	2%	0%	4%	10%		yes	yes	yes	yes	yes
Turkey Burger	142g	175	8g	3g	0g				120mg	480mg	2g	0g	1g	23g	2%	0%	5%	5%						
Fresh Cut Fries	250g	352	8.8g	1.18g	0g	0g		0g	0mg	45mg	60g	6g	0g	6g	0%	0%	0%	0%	250mg					
Sweet Potato Fries	85g (18 pcs)	140	6g	1g	0g	0g		0g	0mg	260mg	20g	2g	7g	2g	60%	4%	4%	2%	0mg					
HERO Egg Bun	100g	274	4.67g	0.36g	0g	0g		0g	0mg	415.3mg	49.75g	3.09g	4.3g	7.66g	0%	0%	138mg	3.3mg				yes		
Gluten-Free Bun	100g	240	7g	1g	0g	2.5g	2.7g	3g	0mg	530mg	41g	4g	9g	4g	0%	0%	4%	4%	200mg	yes		yes		
Ciabatta Bun	50g	120	0g	0g	0g				0mg	270mg	26g	1g	1g	4g	0%	0%	0%	10%				yes		
Multigrain Flatbread	68g	170	2g	0.3g	0g				0mg	300mg	33g	5g	4g	7g	0%	0%	2%	15%				yes		
Extreme Beans	100g	180	8g	1g	0g				0mg	1100mg	24g	3g	2g	3g	0%	0%	2%	10%						
Premium Vanilla Ice Cream	125ml	131	7g	4g	0.3g				17mg	45mg	16g	0.1g	14g	1.1g	7%	0%	3%	0%						