





# Nutritional Information

## Cheesy Pepper Jack Tornado

### Nutrition Facts

Serving Size 1 TORNADO (85g)  
Servings Per Container 24

Amount Per Serving

**Calories 200** Calories from Fat 80

% Daily Value\*

**Total Fat 9g** 14%

Saturated Fat 4g 20%

Trans Fat 0g

**Cholesterol 10mg** 3%

**Sodium 400mg** 17%

**Total Carbohydrate 23g** 8%

Dietary Fiber 1g 4%

Sugars 1g

**Protein 6g**

Vitamin A 6% • Vitamin C 6%

Calcium 8% • Iron 8%

\*Percent Daily Values are based on a 2,000 calorie diet.

**INGREDIENTS:** WHEAT FLOUR (ENRICHED WITH NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, NEUFCHATEL CHEESE PRODUCT (MILK, NEUFCHATEL CHEESE (MILK, CREAM, BACTERIAL CULTURE), SKIM MILK, PALM OIL, MILK PROTEIN CONCENTRATE, BACTERIAL CULTURE, SALT, CAROB BEAN GUM, LACTIC ACID, MONO AND DIGLYCERIDES, CITRIC ACID, APO-CAROTENAL), PROCESSED MONTEREY JACK AND AMERICAN CHEESE BLEND WITH PEPPERS (MONTEREY JACK AND AMERICAN CHEESES (MILK, BACTERIAL CULTURE, SALT, MICROBIAL ENZYME), WATER, SKIM MILK, PALM OIL, SODIUM PHOSPHATES, MODIFIED CORNSTARCH, RED AND GREEN BELL AND JALAPENO PEPPERS, SALT, LACTIC ACID), ROASTED BELL PEPPERS (WITH SALT, CITRIC ACID), VEGETABLE OIL (SOYBEAN AND/OR CANOLA AND/OR CORN OIL), BATTER MIX (ENRICHED WHEAT FLOUR [ENRICHED WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], YELLOW CORN FLOUR, SPICES, SALT, JALAPENO PEPPER, BAKING POWDER, GUAR GUM, OLEORESIN PAPRIKA AND TURMERIC, NATURAL FLAVOR), JALAPENO PEPPER (WITH SALT, ACETIC ACID, CALCIUM CHLORIDE), MODIFIED CORN STARCH, MALTODEXTRIN, DEXTROSE, SALT, LACTIC ACID, XANTHAN GUM, DOUGH CONDITIONERS (YEAST, WHEAT GLUTEN, SUGAR, GUAR GUM, MODIFIED POTATO STARCH, SODIUM METABISULPHITE).

**CONTAINS: WHEAT, MILK.**

## Chicken, Bacon & Cheddar Tornado

### Nutrition Facts

Serving Size 1 TORNADO (85g)  
Servings Per Container 24

Amount Per Serving

**Calories 180** Calories from Fat 60

% Daily Value\*

**Total Fat 7g** 11%

Saturated Fat 1.5g 8%

Trans Fat 0g

**Cholesterol 10mg** 3%

**Sodium 360mg** 15%

**Total Carbohydrate 23g** 8%

Dietary Fiber 1g 4%

Sugars 1g

**Protein 7g**

Vitamin A 10% • Vitamin C 2%

Calcium 4% • Iron 8%

\*Percent Daily Values are based on a 2,000 calorie diet.

**INGREDIENTS:** WATER, ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), COOKED CHICKEN BREAST (CHICKEN BREAST, WATER, POTATO STARCH, SALT, NATURAL FLAVOURS, CHILI PEPPER), VEGETABLE OIL (SOYBEAN AND/OR CANOLA AND/OR CORN OIL), TOMATOES (WITH TOMATO JUICE, CITRIC ACID, CALCIUM CHLORIDE), BATTER MIX (ENRICHED WHEAT FLOUR [ENRICHED WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], YELLOW CORN FLOUR, SALT, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, CORN STARCH, MONOCALCIUM PHOSPHATE), BEET POWDER, BETA CAROTENE, LACTIC ACID, ONION POWDER, JALAPENO PEPPER, GARLIC POWDER, CALCIUM LACTATE, SPICES, CHEDDAR CHEESE (MILK, BACTERIAL CULTURE, SALT, MICROBIAL ENZYME), PAPRIKA AND ANNATTO EXTRACTS, YEAST EXTRACT, GUAR GUM, NATURAL FLAVOUR, BUTTERMILK POWDER, MALTODEXTRIN, HYDROLYZED CASEIN), APPLEWOOD SMOKED BACON (PORK, WATER, SALT, SUGAR, SMOKE FLAVOUR, SODIUM PHOSPHATES, SALT, SMOKE), GRILLED ONION, CHEDDAR CHEESE (MILK, BACTERIAL CULTURE, SALT, MICROBIAL ENZYME, ANNATTO), PROCESSED CHEDDAR CHEESE PRODUCT (MILK, BACTERIAL CULTURE, SALT, MICROBIAL ENZYME), WATER, BUTTER (CREAM, SALT), SALT, NATURAL FLAVOUR, SODIUM PHOSPHATE, LACTIC ACID, MICROBIAL ENZYME, COLOUR), CHEDDAR CHEESE PRODUCT (WATER, PALM OIL, CHEDDAR CHEESE (MILK, BACTERIAL CULTURE, SALT, MICROBIAL ENZYME), RENNET CASEIN, MODIFIED CORNSTARCH, SODIUM PHOSPHATES, SALT, LACTIC ACID, NATURAL FLAVOUR, ANNATTO), MODIFIED CORNSTARCH, MALTODEXTRIN, TEXTURED SOY PROTEIN, SALT, JALAPENO PEPPERS (WITH SALT, ACETIC ACID, WATER, CALCIUM CHLORIDE), CHEDDAR CHEESE FLAVOUR (CORN SYRUP SOLIDS, CHEDDAR CHEESE (MILK, BACTERIAL CULTURE, SALT, MICROBIAL ENZYME), SALT, YEAST EXTRACT, DISODIUM PHOSPHATE, NATURAL FLAVOURS, ANNATTO), DEXTROSE, GRANULATED GARLIC, LACTIC ACID, SPICES, DOUGH CONDITIONERS (YEAST, WHEAT GLUTEN, SUGAR, GUAR GUM, MODIFIED POTATO STARCH, SODIUM METABISULPHITE).

**CONTAINS: WHEAT, MILK, SOY.**

## Grilled Chicken & Cheddar Tornado

### Nutrition Facts

Serving Size 1 TORNADO (85g)  
Servings Per Container 24

Amount Per Serving

**Calories 170** Calories from Fat 60

% Daily Value\*

**Total Fat 6g** 9%

Saturated Fat 1.5g 8%

Trans Fat 0g

**Cholesterol 10mg** 3%

**Sodium 380mg** 16%

**Total Carbohydrate 23g** 8%

Dietary Fiber 1g 4%

Sugars 1g

**Protein 6g**

Vitamin A 2% • Vitamin C 4%

Calcium 4% • Iron 8%

\*Percent Daily Values are based on a 2,000 calorie diet.

**INGREDIENTS:** WATER, ENRICHED WHEAT FLOUR (ENRICHED WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CHARBROILED CHICKEN STRIPS (CHICKEN THIGH MEAT, CHICKEN WHITE MEAT, WATER, CORN OIL, SALT, MODIFIED POTATO STARCH, SODIUM PHOSPHATE), VEGETABLE OIL (SOYBEAN AND/OR CANOLA AND/OR CORN OIL), CHEDDAR AND MONTEREY JACK CHEESES (CHEESE [MILK, BACTERIAL CULTURE, SALT, CALCIUM CHLORIDE, MICROBIAL ENZYMES] ANNATTO), BATTER MIX (ENRICHED BLEACHED WHEAT FLOUR [ENRICHED WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], MODIFIED CORNSTARCH, DEXTROSE, SALT, ONION POWDER, SPICES, GARLIC, BAKING POWDER, MUSTARD SEED, MALTODEXTRIN, FLAVOUR [FROM COTTONSEED AND SOYBEAN OILS], HYDROLYZED CORN GLUTEN, XANTHAN GUM, SOY SAUCE [FERMENTED SOYBEANS AND WHEAT, SALT], NATURAL FLAVOURS WITH EXTRACTS OF PAPRIKA, CORN SYRUP), BELL PEPPER, ONION, GREEN CHILI PEPPERS (WITH CITRIC ACID), MODIFIED CORNSTARCH, MALTODEXTRIN, SALT, DEXTROSE, CHICKEN FLAVOUR (AUTOLYZED YEAST EXTRACT, SALT, BLEACHED WHEAT FLOUR, SUGAR, CHICKEN FLAVOUR, SMOKED TORULA YEAST, DEFATTED SOY FLOUR, CHICKEN FAT), JALAPENO PUREE (JALAPENO PEPPERS, SALT, ACETIC ACID, CALCIUM CHLORIDE), CHILI POWDER, SPICES, SUGAR, LACTIC ACID, FLAVOR, DOUGH CONDITIONERS (YEAST, WHEAT GLUTEN, SUGAR, GUAR GUM, MODIFIED POTATO STARCH, SODIUM METABISULPHITE).

**CONTAINS: WHEAT, SOY, MILK, MUSTARD.**

## Pork Chile Verde Tornado

### Nutrition Facts

Serving Size 1 TORNADO (85g)  
Servings Per Container 24

Amount Per Serving

**Calories 170** Calories from Fat 60

% Daily Value\*

**Total Fat 6g** 9%

Saturated Fat 1.5g 8%

Trans Fat 0g

**Cholesterol 10mg** 3%

**Sodium 390mg** 16%

**Total Carbohydrate 23g** 8%

Dietary Fiber 1g 4%

Sugars 1g

**Protein 6g**

Vitamin A 4% • Vitamin C 6%

Calcium 4% • Iron 8%

\*Percent Daily Values are based on a 2,000 calorie diet.

**INGREDIENTS:** WATER, ENRICHED WHEAT FLOUR (ENRICHED WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), COOKED PORK, WATER AND BINDER PRODUCT (PORK, WATER, SEASONING (SALT, CORN MALTODEXTRIN, GARLIC POWDER, YEAST EXTRACT, NATURAL FLAVORS, GUM ARABIC, SPICE, CANOLA OIL, SUGAR, CARAMELIZED SUGAR, MALIC ACID), MODIFIED FOOD STARCH, BROWN SUGAR (SUGAR, CANE SYRUPS), SODIUM TRIPOLYPHOSPHATE), PASTEURIZED PROCESS MONTEREY JACK CHEESE (MONTEREY JACK CHEESE (MILK, CHEESE CULTURE, SALT, ENZYMES), WATER, SODIUM PHOSPHATE, MILKFAT, SODIUM HEXAMETAPHOSPHATE, SALT), TOMATILLO (WITH WATER, SALT, CITRIC ACID), GREEN CHILI (WITH CITRIC ACID), VEGETABLE OIL (SOYBEAN, SUNFLOWER, CANOLA AND/OR CORN OIL), BATTER MIX (YELLOW CORN FLOUR, ENRICHED WHEAT FLOUR [ENRICHED WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], SPICES, SALT, GREEN BELL PEPPERS, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE), GUAR GUM, OLEORESIN PAPRIKA, TURMERIC, NATURAL FLAVOR), ONION, CONTAINS 2% OR LESS GREEN BELL PEPPER, TEXTURED SOY FLOUR, MALTODEXTRIN, MODIFIED CORN STARCH, JALAPENO PUREE (JALAPENO PEPPERS, ACETIC ACID, CALCIUM CHLORIDE), CILANTRO, DEXTROSE, SALT, DOUGH CONDITIONERS (YEAST, WHEAT GLUTEN, SUGAR, GUAR GUM, FOOD STARCH, SODIUM METABISULPHITE), GARLIC (WITH CITRIC ACID), SUGAR, SPICES, LACTIC ACID, PAPRIKA.

**CONTAINS: WHEAT, MILK, SOY.**

## Ranchero Beef Steak & Cheese Tornado

### Nutrition Facts

Serving Size 1 TORNADO (85g)  
Servings Per Container 24

Amount Per Serving

**Calories 180** Calories from Fat 50

% Daily Value\*

**Total Fat 6g** 9%

Saturated Fat 1.5g 8%

Trans Fat 0g

**Cholesterol 10mg** 3%

**Sodium 330mg** 14%

**Total Carbohydrate 24g** 8%

Dietary Fiber 1g 4%

Sugars 1g

**Protein 7g**

Vitamin A 6% • Vitamin C 2%

Calcium 6% • Iron 10%

\*Percent Daily Values are based on a 2,000 calorie diet.

**INGREDIENTS:** WATER, WHEAT FLOUR (ENRICHED WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), COOKED BEEF STEAK (WITH BROTH, SALT), MONTEREY JACK AND CHEDDAR CHEESES (MILK, BACTERIAL CULTURE, SALT, MICROBIAL ENZYME, CALCIUM CHLORIDE, ANNATTO), VEGETABLE OILS (SOYBEAN AND/OR CANOLA AND/OR CORN), BATTER MIX (ENRICHED WHEAT FLOUR [ENRICHED WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], YELLOW CORN FLOUR, SPICES, SALT, JALAPENO PEPPER, BAKING POWDER, GUAR GUM, OLEORESIN PAPRIKA AND TURMERIC, NATURAL FLAVOR), TOMATO PASTE (TOMATOES), ONION, TEXTURED SOY PROTEIN, MODIFIED CORN STARCH, MALTODEXTRIN, SALT, SPICES (WITH PAPRIKA), BEEF FLAVOUR BOUILLON (SALT, BEEF FAT, SUGAR, HYDROLYZED SOY PROTEIN, CORNSTARCH, DRIED BEEF, ONION POWDER, FLAVOURS, MALTODEXTRIN, PARSLEY, TURMERIC EXTRACTIVES, CITRIC ACID, SPICES), FLAVOUR, DEXTROSE, CHILI PEPPER, GUAR GUM, LACTIC ACID (WITH CALCIUM LACTATE), APPLE CIDER VINEGAR, FUMARIC ACID, DOUGH CONDITIONERS (YEAST, WHEAT GLUTEN, SUGAR, GUAR GUM, MODIFIED POTATO STARCH, SODIUM METABISULPHITE).

**CONTAINS: WHEAT, SOY, MILK.**

## Southwestern Style Chicken Tornado

### Nutrition Facts

Serving Size 1 TORNADO (85g)  
Servings Per Container 24

Amount Per Serving

**Calories 170** Calories from Fat 50

% Daily Value\*

**Total Fat 6g** 9%

Saturated Fat 1.5g 8%

Trans Fat 0g

**Cholesterol 5mg** 2%

**Sodium 320mg** 13%

**Total Carbohydrate 24g** 8%

Dietary Fiber 1g 4%

Sugars 1g

**Protein 6g**

Vitamin A 10% • Vitamin C 6%

Calcium 6% • Iron 8%

\*Percent Daily Values are based on a 2,000 calorie diet.

**INGREDIENTS:** WATER, WHEAT FLOUR (ENRICHED WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), PROCESSED MONTEREY JACK AND AMERICAN CHEESE WITH PEPPERS PRODUCT (MONTEREY JACK AND AMERICAN CHEESES (MILK, BACTERIAL CULTURE, SALT, MICROBIAL ENZYME), WATER, SKIM MILK, PALM OIL, SODIUM PHOSPHATE, MODIFIED CORNSTARCH, RED AND GREEN JALAPENO PEPPERS, SALT, LACTIC ACID), COOKED CHICKEN LOAF (CHICKEN, WATER, MODIFIED CORNSTARCH, SALT, SODIUM PHOSPHATE), VEGETABLE OIL (SOYBEAN AND/OR CANOLA AND/OR CORN OIL), SPINACH, COOKED BLACK BEANS, RED BELL PEPPER, CORN, BATTER MIX (ENRICHED WHEAT FLOUR [ENRICHED WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], YELLOW CORN FLOUR, SPICES, SALT, JALAPENO PEPPER, BAKING POWDER, GUAR GUM, OLEORESIN PAPRIKA AND TURMERIC, NATURAL FLAVOR), MALTODEXTRIN, MODIFIED CORNSTARCH, PEPPERS (JALAPENOS, SALT, ACETIC ACID, CALCIUM CHLORIDE), TEXTURED SOY FLOUR (WITH CARAMEL COLOUR), DEXTROSE, SPICES (CILANTRO), SALT, LACTIC ACID, GARLIC (WITH CITRIC ACID), GROUND CHILI PEPPER, SMOKE FLAVOUR POWDER (MALTODEXTRIN POWDER, NATURAL HICKORY SMOKE FLAVOUR), DOUGH CONDITIONERS (YEAST, WHEAT GLUTEN, SUGAR, GUAR GUM, MODIFIED POTATO STARCH, SODIUM METABISULPHITE).

**CONTAINS: WHEAT, MILK, SOY.**