

### Morningstar Farms® Chik'n Nuggets

Veggie nuggets made from soy protein, lightly breaded, and taste just like chicken. Four nugget serving size is equal to 1.75 oz. of protein (Alternate Protein Product).

**Product Type**  
MSF Specialty Products

**Product Category**  
Chik

**UPC Code**  
2898997762

**Servings/Case**  
212 ct

**Format**  
Bulk

**Net Weight**  
10.70

**Sizes**  
0.75 oz

**Allergen Information**  
CONTAINS SOY, WHEAT, EGG AND MILK INGREDIENTS.

**Dietary Exchange Per Serving**  
1 Carbohydrate, 2 Lean Meats

**Kosher Status**  
1 Carbohydrate, 2 Lean Meats

**Bread/Grain Equivalents**

**Shelf Life**  
455 days (15 months)

**Country of Origin**  
Distributed in USA



Date Printed: 07/08/2013

## MorningStar Farms® Chik'n Nuggets

<b>Nutrition Facts</b>	
Serving Size	4 Nuggets (86g)
<b>Amount Per Serving</b>	
<b>Calories</b> 190	Calories from Fat 80
<b>% Daily Value*</b>	
<b>Total Fat</b> 9g	<b>14%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
Polyunsaturated Fat 4.5g	
Monounsaturated Fat 2.5g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 600mg	<b>25%</b>
<b>Potassium</b> 320mg	<b>9%</b>
<b>Total Carbohydrate</b> 19g	<b>6%</b>
Dietary Fiber 4g	<b>16%</b>
Sugars 2g	
<b>Protein</b> 12g	<b>22%</b>
Vitamin A 0%	Vitamin C 0%
Calcium 6%	Iron 10%
Thiamin 25%	Riboflavin 6%
Niacin 20%	Vitamin B <sub>6</sub> 10%
Vitamin B <sub>12</sub> 30%	
*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
Potassium	2,500mg 2,500mg

Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g
Protein	50g	65g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4		
<p><b>INGREDIENTS:</b> TEXTURED VEGETABLE PROTEIN (SOY PROTEIN CONCENTRATE, SOY PROTEIN ISOLATE, WHEAT GLUTEN, WATER FOR HYDRATION), WATER, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), BLEACHED WHEAT FLOUR, CORN OIL, CORNSTARCH, CONTAINS TWO PERCENT OR LESS OF WHEAT STARCH, SALT, METHYLCELLULOSE, MODIFIED CORN STARCH, DEXTROSE, AUTOLYZED YEAST EXTRACT, POTASSIUM CHLORIDE, NATURAL AND ARTIFICIAL FLAVORS FROM NON-MEAT SOURCES, SUGAR, MALTODEXTRIN, DISODIUM INOSINATE, SOYBEAN OIL, HYDROLYZED SOY PROTEIN, ONION, PAPRIKA, DRIED YEAST, INULIN FROM CHICORY ROOT, CARAMEL COLOR, TAPIOCA DEXTRIN, XANTHAN GUM, SODIUM ALGINATE, SPICES, YELLOW CORN FLOUR, PAPRIKA EXTRACT FOR COLOR, ANNATTO EXTRACT FOR COLOR, BAKING SODA, GARLIC, TOMATO POWDER, CELERY EXTRACT, WHEAT FIBER, LACTIC ACID, SAFFLOWER OIL, BARLEY EXTRACT, CITRIC ACID, NIACINAMIDE, EGG WHITES, NONFAT DRY MILK, SUCCINIC ACID, DISODIUM GUANYLATE, IRON (FERROUS SULFATE), THIAMIN MONONITRATE (VITAMIN B<sub>1</sub>), PYRIDOXINE HYDROCHLORIDE (VITAMIN B<sub>6</sub>), RIBOFLAVIN (VITAMIN B<sub>2</sub>), VITAMIN B<sub>12</sub>.</p> <p><b>CONTAINS SOY, WHEAT, EGG AND MILK INGREDIENTS.</b></p>		

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