

Morningstar Farms ® Chik'n Nuggets

Nutrition Facts

Serving Size	4 nuggets (86g)
Servings Per Container	??
Amount Per Serving	
Calories	190
Calories from Fat	80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Polyunsaturated Fat 4.5g	
Monounsaturated Fat 2.5g	
Cholesterol 0mg	0%
Sodium 600mg	25%
Potassium 320mg	9%
Total Carbohydrate 19g	6%
Dietary Fiber 4g	16%
Sugars 2g	
Protein 12g	22%
Vitamin A	0%
Vitamin C	0%
Calcium	6%
Iron	10%
Thiamin	25%
Riboflavin	6%
Niacin	20%
Vitamin B6	10%
Vitamin B12	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		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: 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 B₁), PYRIDOXINE HYDROCHLORIDE (VITAMIN B₆), RIBOFLAVIN (VITAMIN B₂), VITAMIN B₁₂.

CONTAINS SOY, WHEAT, EGG AND MILK INGREDIENTS.

USDA APP Equivalents	1 3/4 meat equivalents
Kosher status	OK - D
Product of	U.S.A
Diet Exchange	1 carbohydrate, 2 lean meats

Nutrition Labeling Control 08881

Nutrient Content Per 100g				
Calories	221		Vitamin A	39 IU
Calories from fat	90		Vitamin C	0.2 mg
Total Fat	10.0 g		Calcium	75 mg
Saturated Fat	1.5 g		Iron	2.1 mg
Monounsaturated Fat	2.7 g		Vitamin D	n/a IU
Polyunsaturated Fat	5.3 g		Vitamin E	n/a IU
Trans Fat	0.1 g		Thiamin	0.4 mg
Cholesterol	0 mg		Riboflavin	0.1 mg
Sodium	702 mg		Niacin	4.7 mg
Potassium	379 mg		Vitamin B ₆	0.2 mg
Total Carbohydrate	21.8 g		Folic acid	n/a mcg
Dietary Fiber	4.9 g		Vitamin B ₁₂	2.1 mcg
Soluble Fiber	1.5 g		Pantothenate	n/a mg
Insoluble Fiber	3.4 g		Phosphorus	175 mg
Sugars	2.2 g		Magnesium	4.3 mg
Protein	14.4 g		Zinc	0.8 mg
			Copper	0.2 mg
			Manganese	0.7 mg
			Selenium	n/a mcg
			Moisture	50.9 %
			Ash	2.9 %

UPC Codes	Size	SAP No.	Customer Name	Servings per container
28989 97542	10.5 oz (298g) 8/10.5 oz	2898997542		About 3 1/2
28989 97762	10 lb (4.5 kg)			About 53

FAFH Case Code	Pack Size	Qty
28989 97762	3 oz	About 53 servings



Julia M. Jursinic, MS
Sr. Director, Nutrition Labeling & Regulatory Compliance
Kellogg Company

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Nutrition



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all = 21.5 gm

4 = 1.75 Mead/om A

5 = 2 m (107.5 gm)