

MIGHTYSHAKES

10099429432179 - VITAL CUISINE MIGHTYSHAKES Nutritional Shake

Add calories and protein in a small portion.. Thaw and Serve.. 75/4 oz. Nutritional Shake. 220 Calories 6 g Protein / 11% DV Kosher



MARKETING

Add calories and protein in a small portion

Nutrition Facts

1 Servings per container	
Serving Size	1 Container
Amount Per Serving	
Calories	220
% Daily Value*	
Total Fat 7	9%
Saturated Fat 1 g	5%
Trans Fat 0 g	
Cholesterol 10 mg	3%
Sodium 100 mg	4%
Total Carbohydrates 33 g	12%
Dietary Fiber 0 g	0%
Total Sugars 16 g	
Includes 15 g Added Sugars	30%

Protein 6 g	
Vitamin D 3 mcg	15%
Calcium 200 mg	15%
Iron 0.7 mg	4%
Potassium 90 mg	2%

* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

PRODUCT SPECIFICATIONS

Code		GTIN	Pack Description			
43217		10099429432179	VITAL CUISINE MIGHTYSHAKES Nutritional Shake Strawberry			
Brand		Brand Owner		GPC Description		
MIGHTYSHAKES		Lyons Magnus		Nutritional Supplements		
Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin		Kosher	Child Nutrition
24.43 LBR	21.84 LBR	No	United States		Yes	No
Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
12.5 INH	12.25 INH	9 INH	0.79753 FTQ	12x5	450 Days	-20 FAH / 10 FAH
Traceability Regulation						
Regulation Type Code		Regulatory Act	Trade Item Regulation Compliant		Regulation Restrictions and Descriptors	
N/A		N/A	N/A		N/A	

HANDLING SUGGESTIONS

RECOMMENDED TEMPERATURE: 0F. MINIMUM TEMPERATURE: -20F. MAXIMUM TEMPERATURE: 10F. STORAGE: KEEP FROZEN.

ALLERGENS

C = 'Contains' ; MC = 'May Contain' ; N = 'Free From' ; UN = 'Undeclared' ; INII = 'Intentionally nor Inherently Included' ; 50 = 'Derived from Ingredients' ; 60 = 'Not Derived From Ingredients' ; NI = 'No Info'

- Milk - C
- Eggs - N
- Soybean - C
- Wheat - N
- Sesame - N
- Crab - N
- Shrimp - N
- Bass - N
- Cod - N
- Salmon - N
- Clam - N
- Pine Nuts - N
- Cashews - N
- Chinquapins - N
- Hazelnuts - N
- Shea Nuts - N
- Peanuts - N
- Tree - N
- Fish - N
- Shellfish - N
- Tuna - N
- Lobster - N
- Crustaceans - N
- Anchovy - N
- Pollock - N
- Mustard - N
- Oysters - N
- Almonds - N
- Butternuts - N
- Ginkgo Nuts - N
- Hickory Nuts - N
- Pili Nuts - N

INGREDIENTS

NATURALLY AND ARTIFICIALLY FLAVORED
Ingredients: Skim Milk, Water, Corn Syrup, High Fructose Corn Syrup, Isolated Soy Protein (Contains Calcium Phosphate, Soy Lecithin), Corn Oil, Contains 2% or less of Stabilizer Blend (Mono and Diglycerides, Maltodextrin, Guar Gum, Xanthan Gum, Carrageenan, Locust Bean Gum), Natural and Artificial Flavoring, Milk Protein Concentrate, Propylene Glycol, Phosphate Blend (Tripotassium Phosphate, Dipotassium Phosphate, Sodium Hexametaphosphate), Maltodextrin, Ethyl Alcohol, Glycerin, Red 40, Vitamin A&D Blend (Water, Polysorbate 80, Propylene Glycol [Preservative], Vitamin A Palmitate, Vitamin D3), Benzyl Alcohol, Citric Acid, Blue 1, and Benzyl Benzoate and Sodium Benzoate (To Maintain Freshness). Contains: Milk, Soy.

- ⓘ Lichee Nuts - N
- ⓘ Macadamia Nuts - N
- ⓘ Chestnuts - N
- ⓘ Coconuts - N
- ⓘ Pecan Nuts - N
- ⓘ Brazil Nuts - N
- ⓘ Pistachios - N
- ⓘ Walnuts - N
- ⓘ Molluscs - N

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PREPARATION & COOKING SUGGESTIONS



Thaw and Serve

SERVING SUGGESTIONS



Improved Nutrition

MORE INFORMATION



Telephone : 800-533-2000