

MIGHTYSHAKES

147973 - HORMEL VITAL CUISINE MIGHTYSHAKES Nutritional Shake

Add calories and protein in a small portion



MARKETING

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

Nutrition Facts

1 Servings per container

Serving Size1 Container

Amount Per Serving

Calories220

% Daily Value*

Total Fat 79%

Saturated Fat 1 g5%

Trans Fat 0 g

Cholesterol 10 mg3%

Sodium 100 mg4%

Total Carbohydrates 33 g12%

Dietary Fiber 0 g0%

Total Sugars 16 g

Includes 15 g Added Sugars30%

Protein 6 g

Vitamin D 3 mcg15%

Calcium 200 mg15%

Iron 0.7 mg4%

Potassium 90 mg2%

* 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	Dist Prod Code	GTIN	Calculated Pack			
43217	147973	10099429432179	HORMEL 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

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

PREPARATION & COOKING SUGGESTIONS

Thaw and Serve

SERVING SUGGESTIONS

Improved Nutrition

MORE INFORMATION

Telephone : 800-533-2000

NUTRITIONAL ANALYSIS

Calories	220	Total Fat	7	Sodium	100 mg
Protein	6 g	Trans Fat	0 g	Calcium	200 mg
Total Carbohydrates	33 g	Saturated Fat	1 g	Iron	0.7 mg
Sugars	16 g	Added Sugars	15 g	Potassium	90 mg
Dietary Fiber	0 g	Polyunsaturated Fat	0 g	Zinc	
Lactose		Monounsaturated Fat	0 g	Phosphorus	130 mg
Sucrose		Cholesterol	10 mg		
Vitamin A (IU)	140	Vitamin D	3 mcg	Thiamin	
Vitamin A (RE)	140	Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

NUTRITIONAL CLAIMS

KOSHER	YES
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