

MIGHTYSHAKES

147929 - HORMEL VITAL CUISINE MIGHTYSHAKES Reduced Sugar Nutri...

Add calories and protein in a small portion



MARKETING

Nutrition Facts

1 Servings per container	
Serving Size	1 Container
Amount Per Serving	
Calories	200
% Daily Value*	
Total Fat 10 g	%
Saturated Fat 1.5 g	8%
Trans Fat 0 g	
Cholesterol 15 mg	5%
Sodium 120 mg	5%
Total Carbohydrates 21 g	8%
Dietary Fiber 0 g	0%
Total Sugars 6 g	
Includes 1 g Added Sugars	2%

Protein 7 g	
Vitamin D 3 mcg	15%
Calcium 200 mg	15%
Iron 0.4 mg	2%
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	Dist Prod Code	GTIN	Calculated Pack
45475	147929	10099429454751	HORMEL VITAL CUISINE MIGHTYSHAKES Reduced Sugar Nutritional Shake - Honey Consistency - Vanilla

Brand	Brand Owner	GPC Description
MIGHTYSHAKES	Hormel Foods Corporation	Dairy Based Drinks - Ready to Drink (Perishable)

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
15.96 LBR	14.1 LBR	No	United States	Undeclared	No

Shipping					
Length	Width	Height	Volume	TlxHl	Shelf Life
12.25 INH	11.88 INH	6.5 INH	0.54742 FTQ	12x8	450 Days
Storage Temp From/To					
-20 FAH / 10 FAH					

ALLERGENS

C = 'Contains'; MC = 'May Contain'; N = 'Free From'; UN = 'Undeclared'; 30 = 'Free From Not Tested'; 50 = 'Derived from Ingredients'; 60 = 'Not Derived From Ingredients'; NI = 'No Info'

- Milk - C
- Eggs - N
- Soy - C
- Wheat - N
- Sesame - N
- Peanuts - NI
- Tree Nuts - NI
- Fish - N
- Shellfish - NI

SERVING SUGGESTIONS

Thaw and Serve

INGREDIENTS

NATURALLY AND ARTIFICIALLY FLAVORED
Ingredients: Skim Milk, Water, Maltodextrin, Corn Oil, Whey Protein Concentrate, Isolated Soy Protein (Contains Calcium Phosphate, Soy Lecithin), Contains 2% or less of Gum Blend (Maltodextrin, Carrageenan, Xanthan Gum, Locust Bean Gum, and Guar Gum), Hydroxylated Soy Lecithin, Propylene Glycol, Phosphate Blend (Tripotassium Phosphate, Dipotassium Phosphate, Sodium Hexametaphosphate), Ethyl Alcohol, Natural and Artificial Flavoring, Titanium Dioxide (Color), Sucralose, Vitamin A&D Blend (Water, Polysorbate 80, Propylene Glycol [Preservative], Vitamin A Palmitate, Vitamin D3), Benzyl Alcohol, Citric Acid, Sodium Citrate, and Benzyl Benzoate, Potassium Sorbate, and Sodium Benzoate (To Maintain Freshness). Contains: Milk, Soy.

HANDLING SUGGESTIONS

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

PREPARATION & COOKING SUGGESTIONS

MORE INFORMATION

Telephone : 800-533-2000



NUTRITIONAL ANALYSIS



Calories	200
Protein	7 g
Total Carbohydrates	21 g
Sugars	6 g
Dietary Fiber	0 g
Lactose	
Sucrose	
Vitamin A (IU)	140
Vitamin A (RE)	140
Vitamin C	
Magnesium	
Monosodium	

Total Fat	10 g
Trans Fat	0 g
Saturated Fat	1.5 g
Added Sugars	1 g
Polyunsaturated Fat	0 g
Monounsaturated Fat	0 g
Cholesterol	15 mg
Vitamin D	3 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	120 mg
Calcium	200 mg
Iron	0.4 mg
Potassium	90 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

NUTRITIONAL CLAIMS



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