



MARKETING

Nutrition Facts

4 Servings per container

Serving Size1/2 cup

Amount Per Serving

Calories110

% Daily Value*

Total Fat 810%

Saturated Fat 1 g5%

Trans Fat 0 g

Cholesterol 0 mg0%

Sodium 420 mg18%

Total Carbohydrates 6 g2%

Dietary Fiber 5 g16%

Total Sugars 1 g

Includes 0 g Added Sugars0%

Protein 9 g

Vitamin D 0 mcg0%

Calcium 70 mg4%

Iron 2 mg10%

Potassium 290 mg6%

* 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
2898910252	444137	00028989102522	6 x 10 OZ

Brand	Brand Owner	GPC Description
Morningstar Farms	Kellogg Company US	Vegetable Based Products / Meals - Not Ready to Eat (Frozen)

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
4.433 LBR	3.75 LBR	No		Yes	No

Shipping						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
10.5 INH	8 INH	8 INH	.39	25x5	365 Days	-15 FAH / 0 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 - 30

Eggs - 30

Soy - C

Wheat - 30

Sesame - 30
- Peanuts - 30

Tree Nuts - 30

Fish - 30

Shellfish - 30

SERVING SUGGESTIONS

INGREDIENTS

INGREDIENTS: WATER, SOY FLOUR, CORN OIL, ONIONS, PAPRIKA. CONTAINS 2% OR LESS OF garlic (garlic, water), salt, soy protein isolate, spices, citric acid, cooked onion and carrot juice concentrate, garlic powder, vinegar solids, onion powder, sugar, paprika extract color, natural flavor, faba bean protein, pea protein.

HANDLING SUGGESTIONS

PREPARATION & COOKING SUGGESTIONS

MORE INFORMATION



NUTRITIONAL ANALYSIS



Calories	110	Total Fat	8	Sodium	420 mg
Protein	9 g	Trans Fat	0 g	Calcium	70 mg
Total Carbohydrates	6 g	Saturated Fat	1 g	Iron	2 mg
Sugars	1 g	Added Sugars	0 g	Potassium	290 mg
Dietary Fiber	5 g	Polyunsaturated Fat	4.5 g	Zinc	
Lactose		Monounsaturated Fat	2 g	Phosphorus	
Sucrose		Cholesterol	0 mg		
Vitamin A (IU)		Vitamin D	0 mcg	Thiamin	
Vitamin A (RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

NUTRITIONAL CLAIMS



MORE IMAGES

