



MARKETING



Nutrition Facts

4 Servings per container

**Serving Size** 1/2 Cup

**Amount Per Serving**

**Calories** 100

% Daily Value\*

<b>Total Fat</b> 6	<b>8%</b>
Saturated Fat 1 g	<b>5%</b>
Trans Fat 0 g	
<b>Cholesterol</b> 0 mg	<b>0%</b>
<b>Sodium</b> 420 mg	<b>18%</b>
<b>Total Carbohydrates</b> 7 g	<b>3%</b>
Dietary Fiber 5 g	<b>19%</b>
Total Sugars 1 g	
Includes 0 g Added Sugars	<b>0%</b>

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	TlxHI	Shelf Life	Storage Temp From/To
10.5 INH	8 INH	8 INH	.39	25x5	365 Days	-15 FAH / 0 FAH

**Protein** 9 g

Vitamin D 0 mcg	0%
Calcium 70 mg	4%
Iron 2 mg	10%
Potassium 290 mg	6%

\* 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.

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 PROTEIN CONCENTRATE, CORN OIL, ONIONS, PAPRIKA COLOR. CONTAINS 2% OR LESS OF garlic puree (garlic, water), salt, soy protein isolate, spices, citric acid, 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	100
Protein	9 g
Total Carbohydrates	7 g
Sugars	1 g
Dietary Fiber	5 g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

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

Sodium	420 mg
Calcium	70 mg
Iron	2 mg
Potassium	290 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

NUTRITIONAL CLAIMS



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