

# 147914 - HORMEL VITAL CUISINE MIGHTYSHAKES Nutritional Shake -...

Add calories and protein in a small portion



**Ingredients:** Skim Milk, Water, Maltodextrin, Corn Syrup, Sugar, Corn Oil, High Fructose Corn Syrup, Isolated Soy Protein (Contains Calcium Phosphate, Soy Lecithin), Milk Protein Concentrate, (Contains 2% or less of Gum Blend (Maltodextrin, Carrageenan, Xanthan Gum, Locust Bean Gum, and Guar Gum), Hydroxylated Soy Lecithin, Phosphate Blend (Tripotassium Phosphate, Dipotassium Phosphate, Sodium Hexametaphosphate), Gum Acacia, Natural and Artificial Flavoring, Glycerol Ester of Rosin, Sucrose Acetate Isobutyrate, Yellow 6, Citric Acid, Vitamin A&D Blend (Water, Polysorbate 80, Propylene Glycol [Preservative], Vitamin A Palmitate, Vitamin D3), Sodium Citrate, and Benzyl Benzoate, Potassium Sorbate, and Sodium Benzoate (To Maintain Freshness).  
**CONTAINS: MILK AND SOY.**

## MARKETING

Add calories and protein in a small portion.. Great tasting orange cream flavored milk shake.. 75/4oz.. Nutritional Shake. 6 g Protein / 11% DV 220 Calories Kosher

## Nutrition Facts

1 Servings per container	
<b>Serving Size</b>	<b>1 Container</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>220</b>
% Daily Value*	
<b>Total Fat</b> 7	<b>9%</b>
Saturated Fat 1 g	<b>5%</b>
Trans Fat 0 g	
<b>Cholesterol</b> 10 mg	<b>3%</b>
<b>Sodium</b> 100 mg	<b>4%</b>
<b>Total Carbohydrates</b> 33 g	<b>12%</b>
Dietary Fiber 0 g	<b>0%</b>
Total Sugars 17 g	
Includes 14 g Added Sugars	<b>28%</b>

<b>Protein</b> 6 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			
14383	147914	10099429143839	HORMEL VITAL CUISINE MIGHTYSHAKES Nutritional Shake - Orange Cream			
Brand		Brand Owner		GPC Description		
MIGHTYSHAKES		Hormel Foods Corporation		Nutritional Supplements		
Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition	
24.41 LBR	21.82 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'; 30 = 'Free From Not Tested'; 50 = 'Derived from Ingredients'; 60 = 'Not Derived From Ingredients'; NI = 'No Info'

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

## INGREDIENTS

ARTIFICIALLY FLAVORED Ingredients: Skim Milk, Water, Maltodextrin, Corn Syrup, Sugar, Corn Oil, High Fructose Corn Syrup, Isolated Soy Protein (Contains Calcium Phosphate, Soy Lecithin), Milk Protein Concentrate, Contains 2% or less of Gum Blend (Maltodextrin, Carrageenan, Xanthan Gum, Locust Bean Gum, and Guar Gum), Hydroxylated Soy Lecithin, Phosphate Blend (Tripotassium Phosphate, Dipotassium Phosphate, Sodium Hexametaphosphate), Gum Acacia, Natural and Artificial Flavoring, Glycerol Ester of Rosin, Sucrose Acetate Isobutyrate, Yellow 6, Citric Acid, Vitamin A&D Blend (Water, Polysorbate 80, Propylene Glycol [Preservative], Vitamin A Palmitate, Vitamin D3), Sodium Citrate, and Benzyl Benzoate, Potassium Sorbate, 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**

Great tasting orange cream milk shake

**SERVING SUGGESTIONS**

Improved Nutrition

**MORE INFORMATION**

Telephone : 800-533-2000

**NUTRITIONAL ANALYSIS**

Calories	220
Protein	6 g
Total Carbohydrates	33 g
Sugars	17 g
Dietary Fiber	0 g
Lactose	
Sucrose	
Vitamin A (IU)	140
Vitamin A (RE)	140
Vitamin C	
Magnesium	
Monosodium	

Total Fat	7
Trans Fat	0 g
Saturated Fat	1 g
Added Sugars	14 g
Polyunsaturated Fat	0 g
Monounsaturated Fat	0 g
Cholesterol	10 mg
Vitamin D	3 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	100 mg
Calcium	200 mg
Iron	0.4 mg
Potassium	90 mg
Zinc	
Phosphorus	130 mg
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

**NUTRITIONAL CLAIMS**

KOSHER	YES
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