**Item Name:** VEGGIE NUGGETS

**Brand:** Preferred Meal Systems, Inc.

**CN Number:**

**Basis for Data Submitted:** As Served

**Package Size:** 4.00 (oz) 113.40 (g)

**Servings Per Package:** 1

**Weight Per Serving:** 4.00 (oz) 113.40 (g)

**Nutrients based on:** 1 Serving

**Product Compostion:** Consists of one 4.00 oz. serving of Vegetarian Nuggets.

**Meal Contributions:**

<table>
<thead>
<tr>
<th>Category</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>oz.meat/meat alternative</td>
<td>2.00</td>
</tr>
<tr>
<td>grain/bread equivalent</td>
<td>0.00</td>
</tr>
</tbody>
</table>

**Preparation Instructions:**

Cook 12-15 minutes in a 325 degree Fahrenheit oven to a minimum of 165 degrees Fahrenheit.

**Source of Nutritional Information:** Ingredient suppliers and/or USDA database

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**NUTRIENT INFORMATION PER SERVING**

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>CALORIES (KCAL)</td>
<td>225.0</td>
</tr>
<tr>
<td>PROTEIN (GM)</td>
<td>15.0</td>
</tr>
<tr>
<td>CARBOHYDRATES (GM)</td>
<td>25.0</td>
</tr>
<tr>
<td>TOTAL FAT (GM)</td>
<td>10.0</td>
</tr>
<tr>
<td>SATURATED FAT (GM)</td>
<td>0.0</td>
</tr>
<tr>
<td>MonoFat</td>
<td></td>
</tr>
<tr>
<td>PolyFat</td>
<td></td>
</tr>
<tr>
<td>% Calories from Fat</td>
<td>40.0</td>
</tr>
<tr>
<td>CHOLESTEROL (MG)</td>
<td>0.0</td>
</tr>
<tr>
<td>VITAMIN A (RE)</td>
<td>0.0</td>
</tr>
<tr>
<td>VITAMIN C (MG)</td>
<td>0.0</td>
</tr>
<tr>
<td>THIAMIN</td>
<td></td>
</tr>
<tr>
<td>RIBOFLAVIN</td>
<td></td>
</tr>
<tr>
<td>NIACIN</td>
<td></td>
</tr>
<tr>
<td>CALCIUM (MG)</td>
<td>100.0</td>
</tr>
<tr>
<td>IRON (MG)</td>
<td>3.6</td>
</tr>
<tr>
<td>POTASSIUM</td>
<td></td>
</tr>
<tr>
<td>PHOSPHORUS</td>
<td></td>
</tr>
<tr>
<td>SODIUM (MG)</td>
<td>325.0</td>
</tr>
<tr>
<td>Fiber (GM)</td>
<td>5.0</td>
</tr>
</tbody>
</table>

**HEAT AND SERVE VEGETARIAN NUGGETS**

**INGREDIENTS:** Rehydrated textured soy protein concentrate, water, breadcrumbs (wheat flour, yeast, sugar, salt, extractives of paprika), batter (water, wheat flour, spices, xanthan gum), wheat flour, hydrolyzed soy protein, cellulose gum, granulated onion, natural flavor, granulated garlic, salt (salt, potassium chloride, magnesium carbonate), sugar, white pepper, soluable pepper, xanthan gum.

**CONTAINS:** SOY, WHEAT

**PREPARATION:** Heat 12-15 minutes to a minimum internal temp. of 165°F. in a 325°F. preheated oven as verified by a food thermometer.

**40 4.00 OZ UNITS (NET WEIGHT 10.00 LBS)**

**KEEP FROZEN INSTITUTIONAL USE ONLY**

Reviewed by: Julie McClellan R.D., LDN

Thursday, November 4, 2010 2:20:01PM Product Specification Sheet