



The Plant-Based Kickin' Nugget delivers the flavor and crunch kids want – and the nutrition kids need – without the hormones, antibiotics, and cholesterol that they don't. These no-fuss, heat-and-eat nuggets are designed to make it easy for you to serve the best on a budget. Get ready for an upgrade on a cafeteria classic.

Kickin' Nuggets

TASTES LIKE CHICKEN

EASY TO PREPARE

100% VEGAN/VEGETARIAN

**NO CHOLESTEROL,
ANTIBIOTICS OR
HORMONES**

2 MMA

WOMAN-OWNED

JOIN THE REBELLYION!

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Kickin' Nuggets

Made from plants
Credit (CN): 2 MMA
210 Calories per serving
1g Saturated fat per serving
12g Protein per serving

Nutrition Facts

About 53 servings per container
Serving size 5 pieces (85g)

Amount per serving

Calories 210

% Daily Value*

Total Fat 13g 17%

Saturated Fat 1g 5%

Trans Fat 0g

Polyunsaturated Fat 3.5g

Monounsaturated Fat 8g

Cholesterol 0mg 0%

Sodium 340mg 15%

Total Carbohydrate 13g 5%

Dietary Fiber 1g 4%

Total Sugars 1g

Includes 1g Added Sugars 2%

Protein 12g

Vitamin D 0mcg 0%

Calcium 60mg 4%

Iron 2.8mg 15%

Potassium 330mg 8%

*The % Daily Value 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.

Item Number: KNFC212

Shelf Life: 1 year from production date

Storage Condition: Frozen

Storage Temperature: 0°F

Case GTIN: 00860002155821

PACKAGING DETAILS

Case

Net Weight (lbs): 10

Dimensions (in): 11 x 9x 7.75

Units per case: 2 – 5 lb. bags

Pallet

TI/Hi: 17 x 7

Gross Weight (lbs): 1,297.50

Cases per pallet: 119

Coding: Best By MM-DD-YY

INGREDIENTS: Rehydrated Soy Protein (Water, Soy Protein Concentrate, Soy Protein Isolate), Canola Oil, Breading (Enriched Wheat Flour [Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Vinegar, Vegetable Oil [Canola and/or Sunflower], Salt, Baking Soda, Yeast, Spice Extractives), Methylcellulose, Seasoning (Maltodextrin, Sugar, Salt, Yeast Extract, Onion Powder, Dehydrated Garlic, Natural Flavor, Spices, Torula Yeast, Citric Acid, Extractives of Turmeric [Color]), Corn Starch, Salt.
CONTAINS: SOY, WHEAT.



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COOKING INSTRUCTIONS

Cook from frozen. Cook nuggets to at least 165°F. Do not microwave.

OVEN

Preheat the oven to 400°F. Place frozen nuggets on baking sheet and bake for 8-10 minutes until internal temperature reaches 165°F.

CONVECTION OVEN

Preheat the oven to 400°F. Place frozen nuggets on baking sheet and bake for 8-9 minutes until internal temperature reaches 165°F.