rebellyous foods No harm. no fowl.

Kickin' Nuggets

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.

TASTES LIKE CHICKEN

EASY TO PREPARE

100% VEGAN/VEGETARIAN

NO CHOLESTEROL, ANTIBIOTICS OR HORMONES

2 MMA

WOMAN-OWNED

JOIN THE REBELLYION!

Kristie Middleton
VP, Business Development
(240) 620-3688
kristie.middleton@rebellyous.com

rebellyous foods

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.

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.

00860002155821

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

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.