
BEST WHEN USED BY:
03SEP2015:13:12
Boca
veggie protein
original chik'n
veggie Nuggets
Nutrition Facts
Serving Size 4 nuggets (87g)
Servings Per Container about 3.5
Amount Per Serving
Calories 160
Calories from Fat 45
% Daily Value*
Total Fat 5g 8%
Saturated Fat 1g 5%
Trans Fat 0g
Polyunsaturated Fat 0g
Monounsaturated Fat 2.5g
Cholesterol 0mg 0%
Sodium 530mg 22%
Potassium 260mg 7%
Total Carbohydrate 15g 5%
Dietary Fiber 3g 12%
Sugars 2g
Protein 5g 24%
• Vitamin C 0%
• Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:
Calories: 2,000 2,500
Total Fat Less than 65g 80g
Sat Fat Less than 20g 25g
Cholest Less than 300mg 300mg
Sodium Less than 2,400mg 2,400mg
Potassium 3,500mg 3,500mg
Total Carb 300g 375g
Fiber 25g 30g
Protein 50g 65g
INGREDIENTS: NUGGET - WATER, SOY PROTEIN CONCENTRATE*, SOY PROTEIN ISOLATE*, TEXTURED WHEAT PROTEIN (WHEAT GLUTEN, WHEAT FLOUR), YEAST EXTRACT, CONTAINS LESS THAN 2% OF WHEAT GLUTEN, METHYLCELLULOSE, SALT, SPICE (CONTAINS BLACK PEPPER), NATURAL FLAVOR (NON-MEAT), ONION POWDER, SUCCINIC ACID. BATTER - WATER, WHEAT FLOUR, YELLOW CORN FLOUR, SALT. BREADING - WHEAT FLOUR, WASHED RAW SUGAR, SALT, DRIED YEAST, CARAMEL COLOR, NATURAL FLAVOR (NON-MEAT). BROWNED IN EXPELLER PRESSED OLEIC SAFFLOWER OIL.
CONTAINS: SOY, WHEAT.
DISTRIBUTED BY:
BOCA FOODS COMPANY
P.O. BOX 8995
MADISON, WI 53708 USA
*MADE WITH SOY PROTEIN FROM NON-GENETICALLY ENGINEERED SOYBEANS.
visit us at:
bocafoods.com
1-877-966-8769
Orange-Curry Dipping Sauce
Prep Time: 5 min. plus refrigerating
Makes: 6 servings, 2 Tbsp. each.
What You Need
1/2 cup KRAFT Light Mayo Reduced Fat Mayonnaise
1/4 cup orange marmalade
1 tsp. curry powder
4 drops hot pepper sauce
Make It
MIX ingredients until blended.
REFRIGERATE 1 hour.
Substitute: Substitute apricot preserves for the orange marmalade.
Creamy BBQ-Dijon Dipping Sauce
Prep Time: 5 min.
Makes: 4 servings, 2 Tbsp. each.
What You Need
1/4 cup KRAFT Original Barbecue Sauce
1/4 cup KRAFT Light Mayo Reduced Fat Mayonnaise
4 tsp. GREY POUPON Dijon Mustard
1-1/2 tsp. yellow mustard
Make It
MIX ingredients until blended.
Make Ahead: Sauce can be made ahead of time. Refrigerate up to 24 hours before using as desired.
COOKING DIRECTIONS:
OVEN (Recommended Method):
1. Heat oven to 400°F.
2. Place frozen nuggets in single layer on baking sheet.
3. Bake 10 to 12 min. or until cooked through (160°F).
MICROWAVE:
1. Place 4 frozen nuggets in circle, with ends touching, in center of double layer of paper towels.
2. Microwave on HIGH until cooked through (160°F). See chart below for times.
Microwave Wattage | Time
Over 1100 watt | 1 min. 10 sec.
Over 800 to 1100 watt | 1 min. 20 sec.
600 to 800 watt | 1 min. 40 sec.
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©BocaFoods

OPEN HERE

MorningStar Farms®

Chik'n Nuggets

Crispy outside, moist & tender inside

49% Less Fat than Chicken Nuggets*

190 Calories Per Serving

Excellent source of Protein

See nutrition information for sodium content.

KEEP FROZEN
COOK THOROUGHLY
SERVING SIZE 4 NUGGETS

VEGGIE CHIK'N NUGGETS

ENLARGED TO SHOW TEXTURE

NET WT 10.5 OZ (298g)

Nutrition Facts

Serving Size	4 Nuggets (86g)
Servings Per Container	About 3½

Amount Per Serving	
Calories 190	Calories from Fat 80
	% Daily Value*
Total Fat 9g	14%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Polyunsaturated Fat 4.5g	
Monounsaturated Fat 2.5g	
Cholesterol 0mg	0%
Sodium 600mg	25%
Potassium 320mg	9%
Total Carbohydrate 19g	6%
Dietary Fiber 4g	16%
Sugars 2g	
Protein 12g	22%

Vitamin A	0%	• Vitamin C	0%
Calcium	6%	• Iron	10%
Thiamin	25%	• Riboflavin	6%
Niacin	20%	• Vitamin B_6	10%
Vitamin B_{12}	30%		

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: TEXTURED VEGETABLE PROTEIN (SOY PROTEIN CONCENTRATE, SOY PROTEIN ISOLATE, WHEAT GLUTEN, WATER FOR HYDRATION), WATER, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), BLEACHED WHEAT FLOUR, CORN OIL, CORNSTARCH, CONTAINS TWO PERCENT OR LESS OF WHEAT STARCH, SALT, METHYLCELLULOSE, MODIFIED CORN STARCH, DEXTROSE, AUTOLYZED YEAST EXTRACT, POTASSIUM CHLORIDE, NATURAL AND ARTIFICIAL FLAVORS FROM NON-MEAT SOURCES, SUGAR, MALTODEXTRIN, DISODIUM INOSINATE, SOYBEAN OIL, HYDROLYZED SOY PROTEIN, ONION, PAPRIKA, DRIED YEAST, INULIN FROM CHICORY ROOT, CARAMEL COLOR, TAPIOCA DEXTRIN, XANTHAN GUM, SODIUM ALGINATE, SPICES, YELLOW CORN FLOUR, PAPRIKA EXTRACT FOR COLOR, ANNATTO EXTRACT FOR COLOR, BAKING SODA, GARLIC, TOMATO POWDER, CELERY EXTRACT, WHEAT FIBER, LACTIC ACID, SAFFLOWER OIL, BARLEY EXTRACT, CITRIC ACID, NIACINAMIDE, EGG WHITES, NONFAT DRY MILK, SUCCINIC ACID, DISODIUM GUANYLATE, IRON (FERROUS SULFATE), THIAMIN MONONITRATE (VITAMIN B_1), PYRIDOXINE HYDROCHLORIDE (VITAMIN B_6), RIBOFLAVIN (VITAMIN B_2), VITAMIN B_{12}.

CONTAINS SOY, WHEAT, EGG AND MILK INGREDIENTS.

Distributed by Kellogg Sales Co.
Battle Creek, MI 49016 USA

Exchange: 1 Carbohydrate, 2 Lean Meats
The dietary exchanges are based on the *Choose Your Foods: Exchange Lists for Diabetes*, ©2008 by American Dietetic Association and American Diabetes Association.

*Chicken nugget (86g) contains 0g total fat.
MorningStar Farms® Chik'n Nuggets (86g) contains 9g total fat.

100% VEGETARIAN

Brrr...KEEP FROZEN

K 135916 107 / NLI# 08851

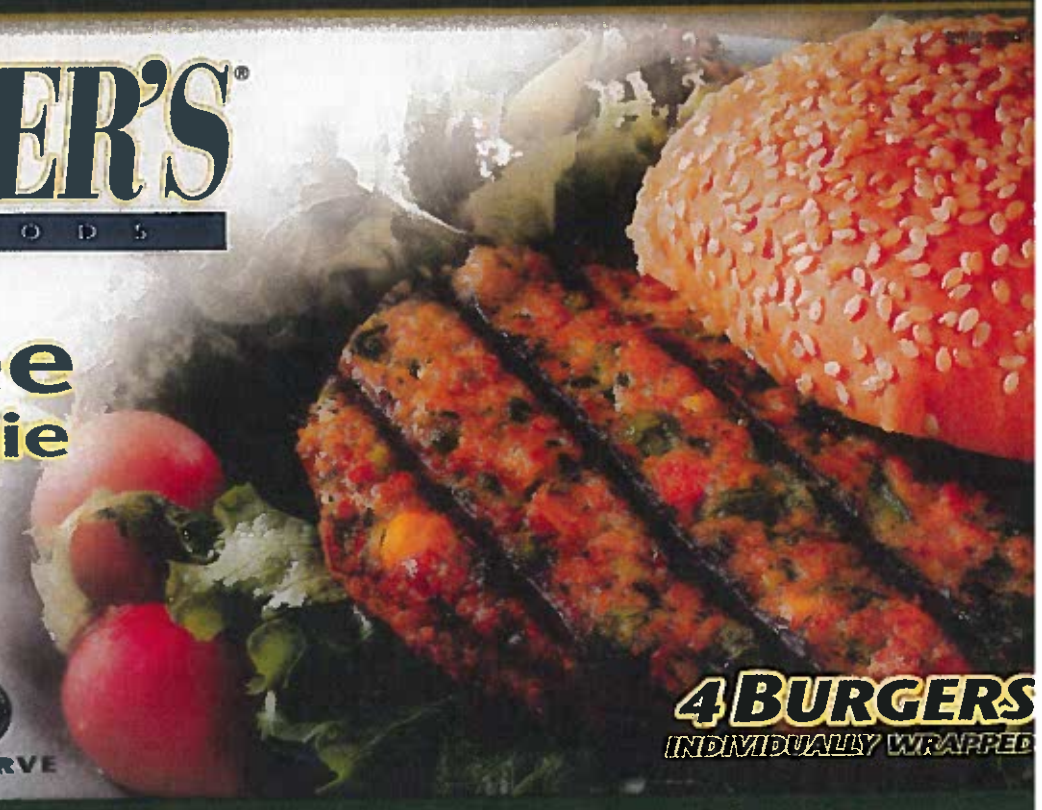
Where you recognize all the ingredients

DR. PRAEGER'S®

SENSIBLE FOODS

ALL NATURAL

Gluten free
California veggie Burgers



4 BURGERS
INDIVIDUALLY WRAPPED

olesterol
d Sodium
turated Fat

GMO Free
No Trans Fat
Good Source of Fiber

1 OZ.(312g) KEEP FROZEN

KOSHER PARVE

Where you recognize all the ingredients

DR. PRAEGER'S®
SENSIBLE FOODS
ALL NATURAL
gluten free
california veggie
burgers
4 BURGERS
INDIVIDUALLY WRAPPED

NET WT. 11 OZ.(312g)

Other Gluten Free Dr. Praeger's Products

Nutrition Facts

Serving Size 1 Burger 2.75 oz.(78g)
Servings Per Container 4

Amount Per Serving	
Calories 120	Calories from Fat 50
	% Daily Value*
Total Fat 6g	9%
Saturated Fat 0.5 g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Potassium 170mg	5%
Total Carbohydrate 13g	4%
Dietary Fiber 4g	16%
Sugars 3g	
Protein 5g	

Vitamin A 50% • Vitamin C 2%
Calcium 6% • Iron 15%
Phosphorous 15% •

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

NET WT. 11 OZ.(312g)

Cooking Instructions

Keep Frozen Prior to Cooking.
Product is fully cooked.
Oven or Toaster Oven: Preheat oven on broil. Place on tray. Do not add any shortening. Broil 8-10 minutes on each side or until heated through and well browned.

Cooking times may vary.

Dear Valued Customer

I believe that being healthy is a combination of genetics and a balanced lifestyle, including exercise and eating sensibly. As a Cardiac Surgeon, I am concerned that my patients maintain sensible diet habits as part of their ongoing cardiac care.

Working with the family of a former patient in the food business, I set out to create great foods that are both low in cholesterol and saturated fats, and are free of preservatives and artificial ingredients. The result is "Dr. Praeger's Sensible Foods", designed to contain only the finest ingredients, prepared under strict kosher supervision.

Dr. Praeger's Sensible Foods is the perfect combination of taste and convenience, for a health conscious lifestyle. Enjoy!!

Thank you,

Dr. Peter Praeger

KOSHER PARVE
ברכתו האדמה
Made in the USA

DR. PRAEGER'S
SENSIBLE FOODS

ALL NATURA
gluten fre
california veggi
burgers

No Trans Fat, No Choleste
GMO Free, Gluten Free
Vegan

Ingredients

Carrots, Onions, String Beans, Zucc
Soybeans, Peas, Expeller Pressed Ca
Oil, Spinach, Broccoli, Corn, Red Pep
Potato Flakes, Arrowroot, Corn Meal,
Starch, Garlic, Salt, Parsley, Pepper.
Contains: Soy

Gluten Free

Made in a facility that uses whea soy, milk, eggs and fish.

Manufactured by:
Dr. Praeger's Sensible Foods
Elmwood Park, N.J. 07407
www.drpraegers.com

EU# 3001237875

0 80868 00060 2

Vegetarian Veg Chckn Brst

Printer Friendly

SUPC: 6551208

Nutrition Information

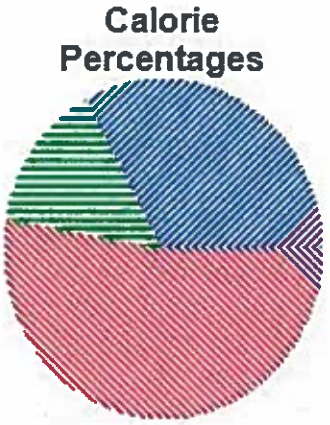
Serving Size: 4 oz (115 grams)

Amount Per Serving		
Calories: 160	Calories from Fat: 54	
		% Daily Value*
Total Fat:	6 GM	9%
Saturated Fat:	0.5 GM	2%
Trans Fat:	0 GM	
Polyunsaturated Fat:	NA	NA
Monounsaturated Fat:	NA	NA
Cholesterol:	0 MG	0%
Sodium:	530 MG	22%
Potassium:	NA	NA
Total Carbohydrate:	6 GM	2%
Dietary Fiber:	3 GM	12%
Sugars:	0 GM	
Protein:	22 GM	

Vitamin A: 0% • Vitamin C: 0%

Calcium: 4% • Iron: 15%

Ingredients:
water, soy protein isolate, vital wheat gluten, expeller pressed/canola oil, natural flavors (from plant sources), modified vegetable gum, organic ancient grains flour (kamut, amaranth, millet, quinoa), yeast extract, potato starch, sea salt, organic cane sugar, vinegar, pea protein, carrot fiber, beetroot fiber, garlic powder, onion powder, extractives of paprika and turmeric.



* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2000	2500
Total Fat	Less Than	65g	81g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	375mg
Sodium	Less Than	2400mg	3000mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	31g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Notes

Vegetarian Veg Chckn Strips

Printer Friendly

SUPC: 7072776

Nutrition Information

Serving Size: 12 average strips (100 grams)

Amount Per Serving

Calories: 150	Calories from Fat: 14

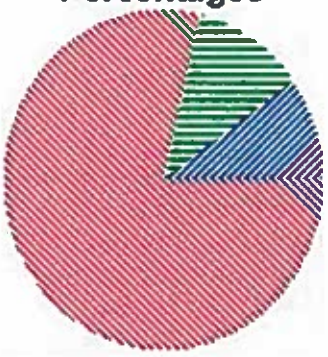
		% Daily Value*
Total Fat:	1.5 GM	2%
Saturated Fat:	0 GM	0%
Trans Fat:	0 GM	
Polyunsaturated Fat:	NA	NA
Monounsaturated Fat:	NA	NA
Cholesterol:	0 MG	0%
Sodium:	430 MG	18%
Potassium:	NA	NA
Total Carbohydrate:	4 GM	1%
Dietary Fiber:	1 GM	4%
Sugars:	1 GM	
Protein:	28 GM	

Vitamin A: 0% • Vitamin C: 0%

Calcium: 4% • Iron: 20%

Ingredients:
water, soy protein isolate, vital wheat gluten, natural flavors (from plant sources), yeast extract, organic cane sugar, expeller pressed/canola oil, sea salt, organic ancient grains flour (kamut, amaranth, millet, quinoa), pea protein, carrot fiber, organic beetroot fiber, onion powder, extractives of paprika and turmeric.

Calorie Percentages



PRO - 79%
CHO - 11%
FAT - 10%

* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2000	2500
Total Fat	Less Than	65g	81g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	375mg
Sodium	Less Than	2400mg	3000mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	31g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Patty Veg Garden Veggie Burger

Printer Friendly

SUPC: 2339042

Nutrition Information

Serving Size: 1 PATTY (3.5 OZ) (100 grams)

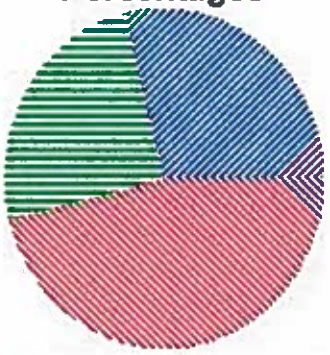
Amount Per Serving		
Calories: 150	Calories from Fat: 45	
		% Daily Value*
Total Fat:	5 GM	8%
Saturated Fat:	1 GM	5%
Trans Fat:	0 GM	
Polyunsaturated Fat:	2.5 GM	
Monounsaturated Fat:	1.5 GM	
Cholesterol:	0 MG	0%
Sodium:	650 MG	27%
Potassium:	240 MG	7%
Total Carbohydrate:	10 GM	3%
Dietary Fiber:	4 GM	16%
Sugars:	2 GM	
Protein:	18 GM	

Vitamin A: 0% • Vitamin C: 0%

Calcium: 10% • Iron: 6%

Ingredients:
Vegetables (mushrooms, water chestnuts, carrots, onions, green bell peppers, red bell peppers, black olives), textured vegetable protein (soy protein concentrate, wheat gluten, water for hydration), egg whites, rolled oats, corn oil, calcium caseinate, cooked brown rice (water, brown rice), soy sauce (water, soybeans, salt, wheat), contains two percent or less of onion powder, cornstarch, salt, sugar, hydrolyzed vegetable protein (corn, soy and wheat), soy protein isolate, spices, autolyzed yeast extract, garlic powder, dextrose, jalapeño pepper powder, natural flavors from non-meat sources, celery extract.

Calorie Percentages



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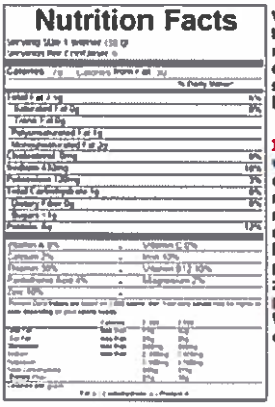
Total Fat	Less Than	65g	81g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	375mg
Sodium	Less Than	2400mg	3000mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	31g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Item #	Size	Brand	Product	UPC	Product Description	Dept.	Weight
12489	12/12 OZ	YVES	YVES GOOD DOG	060822-003115	Good Dog, 6 Pk	REFRIGERATED	9

The Good Dog



We've improved the taste of this all-time favorite to make it more authentic tasting. The Good Dog now tastes more like a real meat hotdog! Still cholesterol free with no saturated fat and a good source of protein, it will be the star of your next barbeque or family hot dog night.

Ingredients:
water, isolated soy protein, vital wheat gluten, canola oil, spices, hydrolyzed corn protein, salt, natural flavors (contains autolyzed yeast), modified vegetable gum, dextrose, dehydrated onion & garlic, vitamins & minerals (thiamin hydrochloride, cyanocobalamin, calcium panthothenate, ferric orthophosphate, iron oxide, zinc oxide, dimagnesium phosphate, dipotassium phosphate), carrageenan. **CONTAINS: SOY and WHEAT. Manufactured in a facility that uses egg ingredients.**