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	

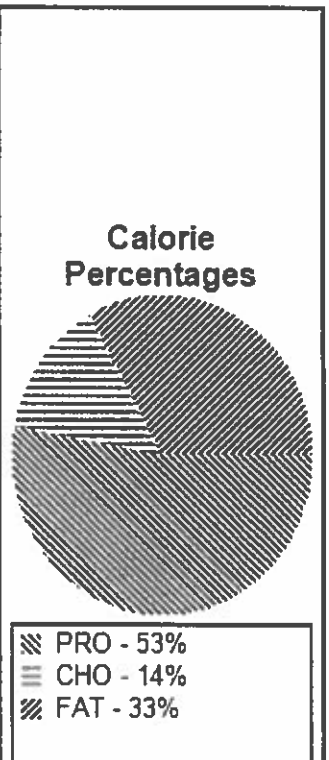
Vitamin A: 0% • Vitamin C: 0%

Calcium: 4% • Iron: 15%

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

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



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.

Allergens: Soy, Wheat

Notes

1. The nutritional values indicated may not be complete based on limited information from product manufacturer.
2. This is a representation of the nutrition label. Because the data may change from time to time, this information may not always be identical to the nutrition label information on products sold.
3. If the Nutrition Label, Allergen Information and/or Ingredient List on eNutrition conflicts with these three statements on the product packaging itself, defer to the information on the product packaging. To ensure complete and current information on a product, always contact the product manufacturer.
4. These items' qualification as "gluten-free" is dependent on the accuracy of the gluten-free representations of the manufacturers of the items and their ingredients. Therefore, Sysco and its affiliates do not guarantee that any item will be completely gluten-free. Consumers with celiac disease and/or gluten sensitivities should exercise proper caution in the consumption of any food items and should always consider their individual dietary requirements and needs.

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	

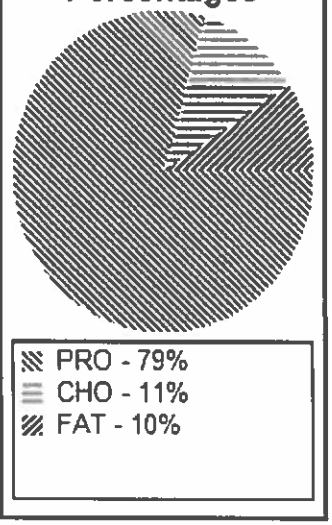
Vitamin A: 0% • Vitamin C: 0%

Calcium: 4% • Iron: 20%

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

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



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.

Allergens: Soy, Wheat

Notes

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Patty Veg Garden Veggie Burger

Printer Friendly

SUPC: 2339042

Nutrition Information

Serving Size: 1 patty (100 grams)

Amount Per Serving		
Calories: 170		Calories from Fat: 54
		% Daily Value*
Total Fat:	6 GM	9%
Saturated Fat:	1 GM	5%
Trans Fat:	0 GM	
Polyunsaturated Fat:	3.5 GM	
Monounsaturated Fat:	1.5 GM	
Cholesterol:	0 MG	0%
Sodium:	540 MG	22%
Potassium:	250 MG	7%
Total Carbohydrate:	15 GM	5%
Dietary Fiber:	3 GM	12%
Sugars:	2 GM	
Protein:	16 GM	

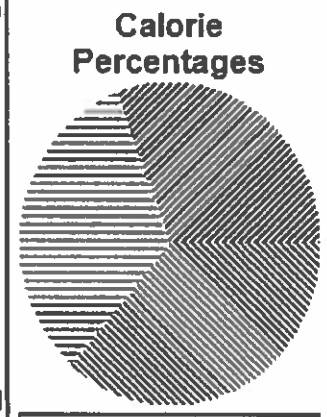
Vitamin A: 0% • Vitamin C: 0%

Calcium: 8% • Iron: 8%

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

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



Ingredients:

HYDRATED WHEAT GLUTEN (WATER, WHEAT GLUTEN), HYDRATED SOY FLOUR (WATER, SOY FLOUR), MUSHROOMS (MUSHROOMS, WATER, SALT), WATER CHESTNUTS (WATER CHESTNUTS, WATER, CITRIC ACID), ONION, CARROTS, COOKED BROWN RICE (WATER, BROWN RICE), WHOLE GRAIN OATS, CORN OIL, EGG WHITES, CALCIUM CASEINATE (FROM MILK), GREEN PEPPERS, SOY SAUCE (WATER, SOYBEANS, SALT, WHEAT), RED BELL PEPPERS, CONTAINS TWO PERCENT OR LESS OF SOY PROTEIN CONCENTRATE, WATER, ONION POWDER, CORNSTARCH, BLACK OLIVES (RIPE OLIVES, WATER, SALT, FERROUS GLUCONATE [COLOR]), SUGAR, SOY PROTEIN ISOLATE, HYDROLYZED CORN PROTEIN, SALT, SPICES, HYDROLYZED WHEAT PROTEIN, HYDROLYZED SOY PROTEIN, YEAST EXTRACT, GARLIC POWDER, THIAMIN HYDROCHLORIDE, JALAPENO PEPPER, NATURAL FLAVOR, DEXTROSE, CARAMEL COLOR, CELERY EXTRACT. CONTAINS WHEAT, SOY, EGG, AND MILK INGREDIENTS.

Allergens: Eggs, Milk, Soy, Wheat

Notes

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Lightlife
SINCE 1979

OUR STORY

We began in Western Massachusetts in 1979 with a passion for crafting great tasting vegetarian food. Over the years, we have grown by sticking to our roots – quality and care in everything we make, and giving 5% of our profits back to organizations that support a healthier you and a healthier planet. Today, our mission is to make eating better accessible and deliciously easy, because the more people love our food, the more good we can do together. Come join us on the journey!

FOR FOOD SAFETY AND QUALITY

- Important! Smart Dogs® cook quickly, do not overcook.
- Keep refrigerated.
- Use within 3-5 days of opening.

Grill: Lightly coat grill with oil; preheat on MEDIUM. Grill dogs 6-7 minutes, turning frequently. Do not overcook.

Stove Top: Boil water; turn off heat and place dogs in water for 2 minutes.

Microwave (1,000 Watts): Heat 1 or 2 dogs on HIGH in covered dish with ½ cup warm water 45 seconds - 1 minute.

Visit us at lightlife.com & check us out on social media!

Get recipes and more at lightlife.com

Manufactured by:
Lightlife Foods
One Lightlife Way
Turners Falls, MA 01376

Toll-free, M-F, 9-5 EST 1-800 769 2779

GIVING BACK SINCE 1979

0 43454 10080 3

Smart Dogs
Stuffing v1 12/14

Nutrition Facts
Serving Size 1 link (42g)
Servings Per Container 6

Amount Per Serving	
Calories 50	Calories from Fat 20
	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 0.5g	
Cholesterol 0mg	0%
Sodium 330mg	14%
Potassium 180mg	5%
Total Carbohydrate 2g	1%
Dietary Fiber 1g	4%
Sugars 0g	
Protein 7g	

Vitamin A 0% • Vitamin C 0%
Calcium 0% • Iron 6%

*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: WATER, SOY PROTEIN ISOLATE, SOYBEAN OIL, EVAPORATED CANE SYRUP, PEA PROTEIN ISOLATE, TAPIOCA STARCH, SALT, POTASSIUM CHLORIDE, BAKERS YEAST EXTRACT, CARRAGEENAN, DRIED GARLIC, NATURAL FLAVOR (FROM PLANT SOURCES), NATURAL SMOKE FLAVOR, XANTHAN GUM, FERMENTED RICE FLOUR, GUAR GUM, OLEORESIN PAPRIKA (COLOR).

CONTAINS: SOY.
NO ADDED NITRATES, NO ADDED MSG*
*Except for naturally occurring glutamates in yeast extract.