

# MORNINGSTAR FARMS® WHOLE GRAIN BREADED CHIK'N NUGGETS

NLI # 18300




Serving Size:  
4 nuggets

Serving Suggestion

MorningStar Farms® delicious Whole Grain BreaDED Chik'n Nuggets now have a new, improved recipe! With enhanced flavor and a finer breading, these savory, vegan nuggets now deliver 9 grams of Whole Grain per serving. Ready to heat and serve!

These CN labeled vegan nuggets are made with 100% plant protein and each 4 nugget (86g) serving provides 2oz. equivalent meat alternate and 1oz. equivalent grain.

- 43%** LESS FAT THAN CHICKEN NUGGETS<sup>1</sup>
- +47%** PLANT-BASED PROTEIN CHIK'N GROWING +47.6% VS YEAR AGO<sup>2</sup>
- 100%** PLANT PROTEIN
- V** VEGAN
-  MADE WITH COLORS & FLAVORS FROM NATURAL SOURCES
- 2oz.** 20Z. EQUIVALENT MEAT ALTERNATE
- 1oz.** 10Z. EQUIVALENT GRAIN

ITEM NUMBER	DISTRIBUTOR #	PRODUCT DESCRIPTION	CASE PACK
28989-97762		MorningStar Farms® Whole Grain BreaDED Chik'n Nuggets - CN Labeled	1ct./10lb.

1. Chicken nuggets contain 13g total fat per serving (86g). MorningStar Farms® Whole Grain BreaDED Chik'n Nuggets contain 8g total fat per serving (86g).  
2. Circana SupplyTrack®, Last 12 Months Ending January 2024 ©2024 Kellanova

# #1 PLANT-BASED CHIK'N NUGGET BRAND IN K-12<sup>1</sup>

**INGREDIENTS:** WATER, SOY PROTEIN CONCENTRATE, WHOLE WHEAT FLOUR, VEGETABLE OIL (CORN, CANOLA AND/OR SUNFLOWER), ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, VITAMIN B1 [THIAMIN MONONITRATE], VITAMIN B2 [RIBOFLAVIN], FOLIC ACID), SOY PROTEIN ISOLATE.

**CONTAINS 2% OR LESS OF METHYLCELLULOSE, POTATO STARCH, SALT, NATURAL FLAVORS, MALTODEXTRIN, POTASSIUM SALT, YEAST EXTRACT, SPICES, SUGAR, YEAST, GARLIC POWDER, ONION POWDER, PAPRIKA COLOR, DEXTROSE, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE), CITRIC ACID, XANTHAN GUM.**



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**CONTAINS SOY AND WHEAT INGREDIENTS.**

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## PREPARATION INSTRUCTIONS

Keep frozen until ready to use. Heat to a minimum internal temperature of 165°F.



**PREPARE FROM  
FROZEN ONLY**

### RECOMMENDED COOKING AND HOLDING METHODS:



#### IN THE OVEN

(Recommended method)

- 1) Preheat oven to 425°F.
- 2) Place frozen nuggets on baking sheet and heat for 9-12 minutes. Turn nuggets over halfway through heating time.

#### CONVECTION OVEN

(Recommended method)

- 1) Preheat oven to 425°F.
- 2) Place frozen nuggets on baking sheet and heat for 7-10 minutes. Turn nuggets over halfway through heating time.



#### IN THE AIR FRYER

- 1) Set air fryer to 400°F.
- 2) Place frozen nuggets in basket or on rack for 6-8 minutes. Turn nuggets over halfway through heating time. For best results, prevent nuggets from touching.



#### IN THE MICROWAVE™

- 1) Place frozen nuggets on a microwave safe plate.
- 2) Microwave on **HIGH** setting until heated thoroughly, turning nuggets over halfway through the heating time.
  - 4 nuggets: 1 minute - 1 minute 10 sec. Microwaving the entire package at one time is not recommended.

Heating instructions developed using 1100 watt microwave.



#### PACKAGING AND HOLDING

**CARRY OUT:** Place nuggets in carry out containers that avoid excess steam.

**HOLD:** For best quality, keep product warm in a hot box or under a heat lamp and consume within 15-20 minutes after preparation.

Oven times may vary depending on oven type, temperature accuracy, and quantity of food. Times given are approximate.

**Caution:** Never leave cooking appliances unattended while in use. Children should be supervised.

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**Kellanova**  
Away From Home