

dine & nourish

ready-to-serve



READY IN 60 SECONDS

10g+ OF PROTEIN

300+ CALORIES

3 DELICIOUS FLAVORS

EASY TO SWALLOW

HELPFUL NUTRITION FOR TREATMENT, RECOVERY, AND BEYOND



The HORMEL VITAL CUISINE™ brand is a line of convenient, high-protein meals, shakes and protein powders. Our products are designed by experts to meet your nutritional needs during treatment or recovery.





READY-TO-SERVE MEALS

CHICKEN WITH DUMPLINGS



Serving Size 1 Tray	(213g)
Servings per Container	1
Calories	300
Calories from fat	140
Total fat	16gm/25%
Saturated fat	5gm/25%
Trans fat	0gm
Polyunsaturated fat	0gm
Monounsaturated fat	0gm
Cholesterol	75mg/25%
Sodium	590mg/25%
Total carbohydrates	17gm/6%
Dietary fiber	2gm/8%
Sugar	2g
Protein	23gm
Vitamin A	15%
Vitamin C	0%
Calcium	2%
Iron	4%

Ingredients: Chicken Broth (Water, Roasted Chicken Stock, Yeast Extract, Chicken Fat, Cane Sugar, Salt, Dried Chicken, Natural Flavor, Chicken Flavor, Maltodextrin, Flavor), Chicken Breast Meat, Dumplings (Enriched Wheat Flour [Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Water, Whole Eggs, Enriched Durum Flour [Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Salt, Spices, Sugar, Yeast, Turmeric), Carrots, Olive Oil, Chicken Fat, Peas, Cream Cheese (Pasteurized Milk and Cream, Cheese Cultures, Salt, Carob Bean Gum), Modified Cornstarch, Contains 2% or less of Cream (From Milk) Contains Carrageenan, Salt, Dehydrated Garlic, Yeast Extract, Sugar, Sodium Bisulfite, Flavoring, Spices.

ROAST BEEF WITH MUSHROOMS AND GRAVY



Serving Size 1 Tray	(213g)
Servings per Container	1
Calories	350
Calories from fat	200
Total fat	22gm/34%
Saturated fat	6gm/30%
Trans fat	0gm
Polyunsaturated fat	0gm
Monounsaturated fat	0gm
Cholesterol	40mg/13%
Sodium	500mg/21%
Total carbohydrates	21gm/7%
Dietary fiber	4gm/16%
Sugar	2g
Protein	16gm
Vitamin A	0%
Vitamin C	0%
Calcium	2%
Iron	8%

Ingredients: Water, Beef, Tomatoes (Water, Tomato Paste), Mushrooms, Olive Oil, Barley, Wild Rice, Beef Fat, Modified Cornstarch, Contains 2% or less of Shiitake Mushrooms, Dehydrated Onions, Flavoring, Cornstarch, Mushroom Extract (Mushrooms, Maltodextrin), Salt, Yeast Extract, Spices.

VEGETARIAN STEW



Serving Size 1 Tray	(213g)
Servings per Container	1
Calories	330
Calories from fat	150
Total fat	17gm/26%
Saturated fat	2.5gm/13%
Trans fat	0gm
Polyunsaturated fat	0gm
Monounsaturated fat	0gm
Cholesterol	0mg/0%
Sodium	670mg/28%
Total carbohydrates	32gm/11%
Dietary fiber	5gm/20%
Sugar	3g
Protein	11gm
Vitamin A	20%
Vitamin C	0%
Calcium	6%
Iron	8%

Ingredients: Water, Chickpeas, Cooked Rice (Water, Long Grain Parboiled Rice, Potassium Chloride, Sodium Citrate, Sodium Phosphates, Tartaric Acid), Olive Oil, Tomatoes (Tomatoes, Tomato Juice, Citric Acid, Calcium Chloride), Carrots, Algal Protein (Contains Mixed Tocopherols), Contains 2% or less of Cornstarch, Flavoring, Salt, Modified Cornstarch, Spices, Chili Powder (Chili Peppers, Flavoring).

PREPARATION - MICROWAVE

Puncture plastic film in several spots on top of tray or peel film back on tray 1/4-inch to vent.

Place tray in microwave.

Heat on HIGH for 1 MINUTE or until hot.

Let tray stand for 1 minute, if desired.

SPECIFICATIONS

Shelf life after open:	Up to 3 days - Refrigerated
Unopened shelf life:	18 months
Storage conditions:	Ambient
7 pack dimensions:	9.9"L x 7.6"W x 5.1"H
Package fill:	7.5 oz
Package type:	Plastic bowl
Package count:	7

Try other Hormel Vital Cuisine™ products!
Protein Shakes & Whey Protein Powder

» VitalCuisine.com

