



MORNINGSTAR

218523 - Sausage Link Breakfast Imitation S/O

A delicious meat-free addition to any breakfast, Morningstar Farms Veggie Sausage Links are plant based. Seasoned with an aromatic blend of herbs and spices. 100 percent vegetarian, each serving provides 12% of the daily recommended amount of Complete Protein (Complete Protein contains all nine essential amino acids in recommended amounts per gram of protein). They're also cholesterol free (1g monounsaturated fat, 1.5g polyunsaturated fat). These easy-to-prepare meatless sausage links can be served alongside breakfast scrambles, waffles, pancakes, biscuits, veggie flatbread and more.

Vegetarian plant based protein sausage links seasoned with a delicious, aromatic blend of herbs and spices; A cholesterol free breakfast food (1g monounsaturated fat, 1.5g polyunsaturated fat).



Nutrition Facts

84 Servings Per Container

Serving size **2Links (45g)**

Amount per serving
Calories 70

% Daily Value*

Total Fat 3.5 g	4%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 330 mg	14%
Total Carbohydrate 3 g	1%
Dietary Fiber 1 g	4%
Total Sugars 0 g	
Includes 0 g Added Sugar	0%
Protein 8 g	
Vitamin D 0 mcg	0%
Calcium 10 mg	1%
Iron 2.5 mg	14%
Potassium 50 mg	1%

* The % Daily Value (DV) 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.

* Benefits

9g protein per serving; Provides 12% of the daily recommended amount of Complete Protein (Complete Protein contains all nine essential amino acids in recommended amounts per gram of protein) One, 8.5lb case of frozen, easy-to-prepare veggie breakfast sausage links; case measures 11.938 IN x 8.063 IN x 5.375 IN Vegetarian plant based protein sausage links seasoned with a delicious, aromatic blend of herbs and spices; A cholesterol free breakfast food (1g monounsaturated fat, 1.5g polyunsaturated fat) Place in the frozen entrée aisle or serve prepared alongside other breakfast favorites; This item is a good fit for Lodging, Hospitals, B&I, Transportation, Colleges, Universities, Military, Caterers, and Restaurants

Ingredients

INGREDIENTS: WATER, WHEAT GLUTEN, VEGETABLE OIL (corn, canola and/or sunflower), EGG WHITES, SOY PROTEIN CONCENTRATE, CONTAINS 2% OR LESS OF potato starch, salt, sodium caseinate, soy protein isolate, methylcellulose, sugar, spices, yeast extract, hydrolyzed vegetable protein (soy, wheat and corn), natural and artificial flavors, caramel color, guar gum, onion powder, soy sauce powder (soybeans, salt, wheat), disodium inosinate, disodium guanylate, xanthan gum. VITAMINS AND MINERALS: niacinamide, iron (ferrous sulfate), vitamin B1 (thiamin mononitrate), vitamin B6 (pyridoxine hydrochloride), vitamin B12, vitamin B2 (riboflavin).

Allergens

Contains:



Handling Suggestions

Frozen

Serving Suggestions

These links pair perfectly with breakfast items such as scrambles, waffles, pancakes, and biscuits; Try wrapping them with vegetarian bacon or adding them to a breakfast wrap or morning burrito

Prep & Cooking Suggestions

To prepare, heat in a skillet (recommended), oven or microwave

Product Specifications

Brand	Manufacturer
MORNINGSTAR	GARDENBURGER KELLOGGS DOT

MFG #	SPC #	GTIN	Pack	Pack Desc.
2898997120	218523	00028989971203	1	1/168 CT

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
9.1 lb	9.1 lb	USA	Yes	No

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
12.5 in	8.5 in	6.5 in	0.4 ft3	10x8	0 DAYS	0 °F / 32 °F



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Nutrition Analysis - By Serving

Calories	70	Total Fat	3.5 g	Sodium	330 mg
Protein	8	Trans Fats	0 g	Calcium	10 mg
Total Carbohydrates...	3 g	Saturated Fat	0 g	Iron	2.5 mg
Sugars	0 g	Added Sugars	0 g	Potassium	50 mg
Dietary Fiber	1 g	Polyunsaturated Fat	1 g	Zinc	
Lactose		Monounsaturated Fat	1 g	Phosphorus	
Sucrose		Cholesterol	0 mg		
Vitamin A(IU)		Vitamin D	0 mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

Additional Images

