

- All Natural Ingredients
- 0% Cholesterol
- Low GI (Glycemic Index)
- Dairy and Lactose Free
- High in Fiber
- Gluten Free
- Rich in Plant Protein
- Low Sodium
- Vegetarian / Vegan
- Egg Free
- Preservative Free
- Non-GMO

Nutrition Facts

About 96 servings per container	
Serving size	3 oz (85g)
Amount per serving	
Calories	60
	<small>% Daily Value*</small>
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 4g	1%
Dietary Fiber 4g	13%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 13g	
Vitamin D 0mcg	0%
Calcium 70mg	6%
Iron 2mg	10%
Potassium 416mg	8%

Preparation Instructions

- Pre-heat connection oven to 350°F.
- Place frozen *Nature's Filets*TM in mixing bowl, add marinade or sauce, toss to coat evenly.
- Transfer *Nature's Filets*TM to steam table pan.
- Cover, bake for 15-20 minutes.

Ingredients: *Nature's Filets*TM (Water, Soy Protein).
Contains: Soy.

Storage / Shelflife

- 24 months from date of production when stored frozen at 0°F/-18°C or below.
- Cook from frozen.

Packaging

Available in 18 lb net weight, poly bag in a corrugated box.

Packaging Specs

Case Pack (Servings) ≈96/3.0oz
 Allowable Case Defect Less than 5%
 Case Net Weight..... 18 lbs.
 Case Gross Weight 19.5 lbs.
 Case Dimensions 15.94" x 13.31" x 7.63"
 Case Cube 0.936ft³
 Pallet Ti/Hi 9/8
 GTIN..... 10191273460039



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