

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

Preparation Instructions

Convection Oven

- Pre-heat convection oven to 375°F.
- Separate and place single layer frozen *Nature's Tenders*TM evenly on a non-sticking baking sheet.
- Bake for 9 minutes (oven temperature may vary).

Fryer

- Fill fry basket approximately half full.
- Fry the *Nature's Tenders*TM at 350°F for 2 minutes and 30 seconds.
- Drain well.

Storage / Shelflife

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

Packaging

Available in 20 lb net weight, poly bag in a corrugated box.

Nutrition Facts

About 118 servings per container
Serving size 3 Tenders (76g)

Amount per serving	
Calories	130
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	1%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 300mg	13%
Total Carbohydrate 20g	7%
Dietary Fiber 3g	11%
Total Sugars 1g	
Includes 0g Added Sugars	1%
Protein 11g	
Vitamin D 0mcg	0%
Calcium 54mg	4%
Iron 1mg	8%
Potassium 323mg	6%

Ingredients: *Nature's Tenders*TM (Water, Soy Protein, Yeast Extract, Sugar, Salt, Natural Flavors), Breading (Wheat Flour, Tapioca Starch, Contains 2% or less of Salt, Sugar, Garlic Powder, Citrus Fiber, Yeast, Onion Powder, Spice, Vinegar, Leavening [Baking Powder], Yeast Extract, Sunflower Oil). Breading set with Vegetable Oil.

Contains: Soy and Wheat.

Packaging Specs

Count	≈17/lb
Case Pack (units)	≈355/.9oz
Case Pack (Servings)	≈118/2.7oz
Allowable Case Defect	Less than 5%
Case Net Weight.....	20 lbs.
Case Gross Weight	21.5 lbs.
Case Dimensions	15.94" x 13.31" x 7.63"
Case Cube	0.936ft ³
Pallet Ti/Hi	9/8
GTIN.....	10191273455097

Contact: Larry Yates

National Sales Director
 Improved Nature LLC
 919-588-2298
 Sales@ImprovedNature.com

