

- 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 Filets™* evenly on a non-sticking baking sheet.
- Bake for 10 minutes (oven temperature may vary).

### Fryer

- Fill fry basket approximately half full.
- Fry the *Nature's Filets™* 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 88 servings per container  
**Serving size 2 Filets (89g)**

Amount per serving	
<b>Calories</b>	<b>150</b>
% Daily Value*	
<b>Total Fat</b> 1.5g	2%
Saturated Fat 0g	1%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 350mg	15%
<b>Total Carbohydrate</b> 23g	9%
Dietary Fiber 4g	13%
Total Sugars 1g	
Includes 1g Added Sugars	1%
<b>Protein</b> 13g	
Vitamin D 0mcg	0%
Calcium 62mg	4%
Iron 2mg	10%
Potassium 373mg	8%

**Ingredients:** Ingredients: *Nature's Filets™* (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 .....	≈ 10/lb
Case Pack (units) .....	≈ 203/1.57oz
Case Pack (Servings) .....	≈ 101/3.14oz
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 <sup>3</sup>
Pallet Ti/Hi .....	9/8
GTIN.....	10191273465034

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