

**Food Service**

**Item # 45509**

- 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* 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* 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 126 servings per container  
**Serving size 3 Tenders (72g)**

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**Amount per serving**

**Calories 120**

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**% Daily Value\***

<b>Total Fat</b> 1g	<b>1%</b>
Saturated Fat 0g	1%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 390mg	<b>17%</b>
<b>Total Carbohydrate</b> 20g	<b>7%</b>
Dietary Fiber 3g	10%
Total Sugars 1g	
Includes 0g Added Sugars	1%
<b>Protein</b> 10g	
Vitamin D 0mcg	0%
Calcium 50mg	4%
Iron 2mg	10%
Potassium 299mg	6%

**Ingredients:** Nature's Tenders™ (Water, Soy Protein, Salt, Dextrose, Corn Starch, Yeast Extract, Onion Powder), Breading (Wheat Flour, Modified Corn Starch, Salt, Yellow Corn Flour, Contains 2% or less of Sugar, Garlic Powder, Yeast, Onion Powder, Spice, Dried Parsley, Leavening [Disodium Pyrophosphate, Sodium Bicarbonate], Modified Wheat Starch, Extractives of Paprika, Sodium Alginate). Breading set with Vegetable Oil.  
**Contains:** Soy and Wheat.

**Packaging Specs**

Count .....	≈ 19/lb.
Case Pack (units) .....	≈ 378/.85oz
Case Pack (Servings) .....	≈ 126/2.54oz
Allowable Case Defect .....	Less than 5%
Case Net Weight.....	20 lb.
Case Gross Weight .....	21.5 lb.
Case Dimensions .....	15.94" x 13.31" x 7.63"
Case Cube .....	0.936ft <sup>3</sup>
Pallet Ti/Hi .....	9/8
GTIN.....	10191273455097

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