

Food Service

Item # 46503

- 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 126 servings per container
Serving size 2 Filets (89g)

Amount per serving

Calories 150

% Daily Value*

Total Fat 1.5g	2%
Saturated Fat 0g	1%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 480mg	21%
Total Carbohydrate 24g	9%
Dietary Fiber 3g	12%
Total Sugars 1g	
Includes 1g Added Sugars	1%
Protein 12g	
Vitamin D 0mcg	0%
Calcium 62mg	4%
Iron 2mg	10%
Potassium 370mg	8%

Ingredients: *Nature's Filets™* (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	≈ 10/lb.
Case Pack (units)	≈ 204/1.57oz
Case Pack (Servings)	≈ 102/3.14oz
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 ³
Pallet Ti/Hi	9/8
GTIN.....	10191273465034

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