

Food Service - Kosher Item # 46510

- 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 10 lb. net weight, poly bag in a corrugated box.

Nutrition Facts

About 51 servings per container
Serving size 2 Filets (89g)

| Amount per serving | | % Daily Value* |
|-------------------------------|--|----------------|
| Calories 150 | | |
| 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) | ≈ 181/1.57oz |
| Case Pack (Servings) | ≈ 90/3.14oz |
| Allowable Case Defect | Less than 5% |
| Case Net Weight..... | 10 lb. |
| Case Gross Weight | 11.25 lb. |
| Case Dimensions | 16" x 14" x 6" |
| Case Cube | 0.778ft ³ |
| Pallet Ti/Hi | 11/10 |
| GTIN..... | 10191273465102 |

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