

Beef Flavored Vegetarian Meat Substitute

Nutrition Facts

40 servings per container

Serving size 1/4 Cup (26g) Dry
(about 1/2 Cup prepared)

Amount per serving

Calories **90**

% Daily Value*

Total Fat 4g **5%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 480mg **21%**

Total Carbohydrate 7g **3%**

Dietary Fiber 0g **0%**

Total Sugars 2g

Includes 0g Added Sugars **0%**

Protein 11g

Vitamin D 0mcg 0%

Calcium 59mg 4%

Iron 2mg 10%

Potassium 476mg 10%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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DIRECTIONS:

1. Remove oxygen absorber and discard.
2. Add 1 Cup boiling water to 1 Cup Beef Flavored Vegetarian Meat Substitute, stir.
3. Let stand 5 minutes or until all water is absorbed.

1 Cup Beef Flavored Vegetarian Meat Substitute = 1 lb. Beef

Use in soups, stews, or as a meat extender.

INGREDIENTS: Textured vegetable protein (soy flour, caramel color, red 3, soybean oil, salt, natural flavoring).

CONTAINS ALLERGEN: Soy.