

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 100

% Daily Value*

Total Fat 3g 4%
Saturated Fat 0.5g 3%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 520mg 23%

Total Carbohydrate 8g 3%

Dietary Fiber 2g 7%

Total Sugars 2g

Includes 0g Added Sugars 0%

Protein 11g

Vitamin D 0mcg 0%

Calcium 65mg 6%

Iron 2mg 10%

Potassium 492mg 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.

YIELD

1/2 Cup
2 Cups
4 Cups

BEEF MIX

1/4 Cup
1 Cup
2 Cups

BOILING WATER

1/4 Cup
1 Cup
2 Cups

TO REHYDRATE:

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

When hydrated, 1 cup Beef Flavored Vegetarian Meat Substitute (dry) is equivalent to 1 pound of cooked beef.

Use in entrées such as soups, stews, casseroles or as a meat extender.

INGREDIENTS: Textured vegetable protein, soybean oil, natural flavor (yeast extract, natural flavor), non-iodized salt.

Contains: Soy.

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