

Taco Flavored Vegetarian Substitute

Nutrition Facts

30 servings per container

Serving size 1/4 Cup (37g) Dry
(about 1/2 Cup prepared)

Amount per serving

Calories 140

% Daily Value*

Total Fat 6g 8%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 850mg 37%

Total Carbohydrate 10g 4%

Dietary Fiber 0g 0%

Total Sugars 3g

Includes 0g Added Sugars 0%

Protein 14g

Vitamin D 0mcg 0%

Calcium 88mg 6%

Iron 3mg 15%

Potassium 662mg 15%

*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.

70145-082818

YIELD	TACO MIX	BOILING WATER
--------------	-----------------	----------------------

1/2 Cup	1/4 Cup	1/4 Cup
---------	---------	---------

2 Cups	1 Cup	1 Cup
--------	-------	-------

4 Cups	2 Cups	2 Cups
--------	--------	--------

TO REHYDRATE:

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

When rehydrated, 1 Cup Taco Flavored Vegetarian Meat Substitute (dry) is the equivalent of 1 pound of cooked ground beef.

Use in casseroles, tacos, enchiladas, burritos or as a meat extender.

INGREDIENTS: Taco flavored textured vegetable protein (textured vegetable protein [soy flour, caramel color], soybean oil, salt, autolyzed yeast, spices, dextrose, onion, garlic, paprika).

Contains: Soy.