

Pulled Shredz



Meaty, tender, and endlessly versatile, vegan Shredz soak up flavor, whether you're piling on BBQ 'pork' sandwiches or rolling up shredded 'chicken' enchiladas.



Nutrition Facts					
About 3 Servings Per Container					
Serving Size		3/4 Cup (100g)			
Calories	Per serving		Per container		
	120		340		
	% Daily Value*		% Daily Value*		
Total Fat	2.5g	3%	7g	10%	
Saturated Fat	0.5g	3%	1.5g	8%	
Trans Fat	0g		0g		
Cholesterol	0mg	0%	0mg	0%	
Sodium	550mg	24%	1560mg	68%	
Total Carb.	9g	3%	24g	9%	
Dietary Fiber	3g	9%	7g	26%	
Total Sugars	less than 1g		2g		
Incl. Added Sugars	less than 1g	1%	2g	3%	
Protein	17g		47g		
Vitamin D	0mcg	0%	0mcg	0%	
Calcium	40mg	4%	130mg	10%	
Iron	3.9mg	20%	11mg	60%	
Potassium	200mg	4%	580mg	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.					

Water, soybean protein powder, soybean protein isolate, wheat gluten, spices, tomato paste, corn oil, salt, corn starch, sugar, flavors, tricholoma matsutake seasoning, yeast extract, konjac powder.

Recommended Cooking Method



Pan Fry

Thaw or partially thaw in refrigerator before use. Heat pan to medium hot. Add oil to cover the bottom of the pan. Add Shredz, stir to break up with product into the Shredz, heat until cooked through.