

Crumbles



Meaty texture, effortless cooking, endless flavor possibilities, these vegan crumbles fit right into whatever you're making.



Nutrition Facts			
About 3 servings per container			
Serving Size		1/2 Cup (110g)	
Calories	Per serving	Per container	
	200	600	
	% Daily Value*	% Daily Value*	
Total Fat	8g 10%	25g	32%
Saturated Fat	1.5g 7%	4.5g	22%
Trans Fat	0g	0g	
Cholesterol	0mg 0%	0mg	0%
Sodium	480mg 21%	1500mg	65%
Total Carb.	8g 3%	28g	9%
Dietary Fiber	2g 7%	6g	22%
Total Sugars	1g	3g	
Incl. Added Sugars	less than 1g 1%	2g	5%
Protein	22g	68g	
Vitamin D	0mcg 0%	0mcg	0%
Calcium	70mg 6%	230mg	18%
Iron	3.8mg 22%	12.9mg	74%
Potassium	200mg 4%	670mg	14%
* 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, textured soy protein (soy protein isolate, potato starch, soy fiber), soy oil, soy sauce (water, defatted soybean, soybean, wheat, salt, sugar), inulin, yeast extract, salt, vegan flavors, sugar, spices, malted barley extract.

Recommended Cooking Method



Pan Fry

Heat pan on Medium High, add a little oil to coat bottom of pan. Add Crumbles to the pan and cook until warm all the way through.