

Fish Fingers



Crispy, golden, and family-approved, these vegan fish fingers deliver all the delicious flavor without any fish. Just crisp, golden perfection every time.



Compound soy protein product [water, textured soy protein (defatted soy flour, wheat gluten, soy protein isolate, corn starch) soy protein isolate, wheat gluten, soy oil, textured peanut protein, trehalose, sugar, inulin, salt, yeast extract, vegan flavors, vinegar, spices, thickener (methylcellulose, gum arabic), psyllium seed husk], water, soy oil, breadcrumbs (wheat flour, yeast, salt, enzyme preparations, paprika extract, turmeric), fried powder (wheat flour, corn starch, food additives (oxidized starch, sodium bicarbonate, xanthan gum), salt).

Nutrition Facts			
About 2 Servings Per Container			
Serving Size		About 4 Pieces (100g)	
Calories	Per serving	Per container	
	220	520	
	% Daily Value*	% Daily Value*	
Total Fat	10g 13%	25g	32%
Saturated Fat	2g 9%	4.5g	22%
Trans Fat	0g	0g	
Cholesterol	0mg 0%	0mg	0%
Sodium	630mg 28%	1520mg	66%
Total Carb.	19g 7%	45g	16%
Dietary Fiber	4g 13%	9g	31%
Total Sugars	4g	9g	
Incl. Added Sugars	4g 7%	9g	17%
Protein	15g	35g	
Vitamin D	0mcg 0%	0mcg	0%
Calcium	30mg 2%	70mg	6%
Iron	2.6mg 15%	6.3mg	35%
Potassium	100mg 2%	230mg	4%
* 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.			

Recommended Cooking Method



Air Fry

Heat air fryer to 375 ° F.. Add Fish Fingers and cook until browned and crispy, flipping halfway through. Approx 7 – 10 Minutes.



Bake

Heat oven to 375 ° F. On a baking sheet add the Fish Fingers, Cook until browned and crispy 15 – 20 Minutes, flipping halfway through.