

Meatballs



Proof that 'meatball' doesn't need meat to earn its name, ready to steal the show whether they're speared with a toothpick, tucked into a sandwich, or piled on a plate.



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,

Nutrition Facts

About 3 servings per container

Serving Size 5 Pieces (100g)

Calories

Per serving
200

Per container
550

% Daily Value*

% Daily Value*

Total Fat	14g	18%	39g	50%
Saturated Fat	2.0g	12%	7g	34%
Trans Fat	0g		0g	
Cholesterol	0mg	0%	0mg	0%
Sodium	450mg	20%	1270mg	55%
Total Carb.	9g	3%	24g	9%
Dietary Fiber	5g	17%	13g	47%
Total Sugars	3g		7g	
Incl. Added Sugars	less than 1g	1%	2g	3%
Protein	12g		34g	
Vitamin D	0mcg	0%	0mcg	0%
Calcium	50mg	4%	140mg	10%
Iron	2.5mg	14%	7.0mg	38%
Potassium	140mg	2%	390mg	8%

* 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 Meatballs and cook until browned and crispy, flipping halfway through. Approx 7 – 10 Minutes.



Pan Fry

Heat pan to medium. Add oil to cover bottom of the pan. Cook until browned and crispy 7 – 10 minutes, stirring occasionally to cook all sides.