

Pastrami



A rare find done right, plant-based pastrami with all the peppery, smoky depth of the deli classic, ready to layer into a sandwich or toss into a salad.

**Bean
Stalk**



Nutrition Facts

About 2 Servings Per Container

Serving Size

About 6 Pieces (100g)

Calories

Per serving

150

Per container

240

% Daily Value*

% Daily Value*

Total Fat	6g	8%	10g	13%
Saturated Fat	1.5g	7%	2g	11%
Trans Fat	0g		0g	
Cholesterol	0mg	0%	0mg	0%
Sodium	780mg	34%	1220mg	53%
Total Carb.	11g	4%	17g	6%
Dietary Fiber	4g	15%	7g	24%
Total Sugars	2g		3g	
Incl. Added Sugars	2g	4%	3g	6%
Protein	15g		23g	
Vitamin D	0mcg	0%	0mcg	0%
Calcium	50mg	4%	80mg	6%
Iron	3mg	15%	4.7mg	25%
Potassium	130mg	2%	200mg	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.

Water, Textured Soy Protein (Defatted Soy Flour, Wheat Gluten, Soy Protein Isolate, Corn Starch), Soy Protein Isolate, Soy Oil, Distarch Phosphate, Spices, Sugar, Flavors, Salt, Yeast Extract, D-Sodium Erythorbate, Xanthan Gum, Beet Red, Paprika Red.

Recommended Cooking Method



Pan Fry

Thaw Pastrami overnight in refrigerator. Heat a pan over medium heat add a little oil to coat bottom of pan. Peel slices off and add slices to the pan to heat. Pastrami can be eaten cold and thawed.