

Seafood Rings



Crispy, breaded, and calamari-inspired, these animal-free seafood rings are a delicious appetizer or snack the whole table will reach for.



Nutrition Facts

3 servings per container

Serving Size

4 Pieces (80g)

Calories

Per serving
200

Per container
610

% Daily Value*

% Daily Value*

Total Fat	10g	12%	29g	37%
Saturated Fat	2.0g	9%	6g	28%
Trans Fat	0g		0g	
Cholesterol	0mg	0%	0mg	0%
Sodium	420mg	18%	1250mg	54%
Total Carb.	21g	8%	64g	23%
Dietary Fiber	2g	7%	6g	21%
Total Sugars	3g		9g	
Incl. Added Sugars	3g	6%	9g	18%
Protein	9g		27g	
Vitamin D	0mcg	0%	0mcg	0%
Calcium	0mg	0%	40mg	4%
Iron	0.6mg	4%	1.9mg	10%
Potassium	0mg	0%	100mg	2%

* 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.

Compound soy protein product [water, onion, soy protein isolate, textured soy protein (defatted soy flour, wheat gluten, soy protein isolate, corn starch, wheat gluten, corn starch, soy oil, thickener (methylcellulose, gellan gum, gum arabic), sugar, salt, vegan flavors, vinegar, spices, yeast extract, 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).

Recommended Cooking Method



Air Fry

Heat air fryer to 375 ° F. Add Seafood Rings 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 Seafood Rings, Cook until browned and crispy 15 – 20 Minutes, flipping halfway through.