



Vegetarian Meat Substitute Bacon Bits (flavored)



Meats

Augason Farms meat substitutes are textured vegetable protein products made from defatted soy flour and are ideal for vegetarian diets. After rehydrating, they should be used at once or stored refrigerated.

Vegetarian Meat Substitute Bacon Bits

Augason Farms Vegetarian Meat Substitute Bacon Bits is simple to rehydrate. You'll always have bacon at hand. Use to top salads or in any egg dish.

Bacon and Onion Ranch Dip

8 oz. sour cream
8 oz. cream cheese
2 tablespoons Augason Farms Vegetarian Meat Substitute Bacon Bits
1 tablespoon Augason Farms Dehydrated Chopped Onions
1/2 pkg. ranch dip mix

Stir dip mix into sour cream and cream cheese. Add onions and bacon bits. Serve with chips or crackers.

DIRECTIONS:

1. Add 2 parts water to 1 part Vegetarian Meat Substitute Bacon Bits.
2. Bring to a boil.
3. Reduce heat and simmer for 20 minutes, stirring occasionally.

Each 1 cup of dry Vegetarian Meat Substitute Bacon Bits equals about 1 pound of bacon bits.

Suggested Uses: Vegetarian Meat Substitute Bacon Bits provide long-lasting crispiness with the look and flavor of real bacon. Use them to enhance salads, vegetables, casseroles, omelets and other egg dishes, hors d'oeuvres, cheese spreads, biscuits, salad dressings, snack dips, and soups.

Morning Glory Scrambled Eggs

1 cup Augason Farms Scrambled Egg Mix
1 1/2 cups warm water
2 tablespoons Augason Farms Vegetarian Meat Substitute Bacon Bits
1 teaspoon garlic bread seasoning
salt and pepper to taste
1/4 - 1/2 cup shredded cheese

Briskly whisk together egg mix and water until smooth. Add bacon bits and seasoning. Place mixture on a griddle at a low heat of 250°F. Cook about 1/2 minute and then scramble. Turn eggs over and cook about 1/2 minute more. Add cheese and continue cooking until desired texture.

Nutrition Facts

Serving Size 1 Tbsp (5g)
Servings Per Container 192

Amount Per Serving			
Calories	15	Calories from Fat	5
		% Daily Value*	
Total Fat	0.5g		1%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	115mg		5%
Total Carbohydrate	1g		0%
Dietary Fiber	less than 1g		3%
Sugars	0g		
Protein	2g		
Vitamin A	0%	•	Vitamin C 0%
Calcium	2%	•	Iron 2%
*Percent Daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram: Fat 9 Carbs 4 Protein 4			

INGREDIENTS: Textured vegetable protein (soy flour, caramel color, FD&C Red #3), soybean oil, salt, natural flavoring.

Contains allergens: Soy.

Processed in a plant that handles wheat, egg, dairy, soybean, peanut, cashew, walnut, and almond products.

Contains oxygen absorber. Discard immediately upon opening.

Shelf Life: Best when stored in a cool dry place at temperatures between 55° and 70° F (ideal humidity 15%). Sealed: to 10 years / Opened: to 1 year

Shelf life estimates are based on industry studies from sources deemed reputable. Since Augason Farms has no control over individual storage practices, they must disclaim any liability or warranty for particular results.

192 SERVINGS
NET WT. 2 LBS 2.0 OZ (963 g)