Vegetarian Meat Substitute

Bacon Flavored Bits

Nutrition Facts

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

Amount Per Serv	ring	, and the second
Calories 15	Calories from	Fat 5
	% Daily	Value*
Total Fat 0.5g		1%
Saturated Fat Og		0%
Trans Fat 0	g	
Cholesterol Omg		0%
Sodium 115mg		5%
Total Carbohydrate 1g		0%
Dietary Fibe	er less than 1g	4%
Sugars Og		

Vitamin A 0% • Vitamin C 0%

Protein 2g

Calcium 2% • Iron 2%
*Percent Daily values are based on a 2,000

*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	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram: Fat 9 • Carbs			Protein 4

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DIRECTIONS:

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

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

SUGGESTED USES: Bacon Flavored Bits Vegetarian Meat Substitute 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.

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

Contains allergen: Soy.