



30
SERVINGS



SHELF LIFE UP TO
10 YEARS

Shelf Life: Best when stored
in a cool dry place at
temperatures between 55° and
70° F (ideal humidity 15%).

*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.*

FOOD STORAGE
EMERGENCY
EVERYDAY FOOD

Vegetarian Meat Substitute Flavored Taco

Nutrition Facts

Serving Size: 1/4 Cup (37g dry)
Servings Per Container: 30

Amount Per Serving			
Calories 140	Calories from Fat 50		
% Daily Value*			
Total Fat 6g	9%		
Saturated Fat 1g	4%		
Trans Fat 0g			
Cholesterol 0mg	0%		
Sodium 850mg	36%		
Total Carbohydrate 10g	3%		
Dietary Fiber 5g	19%		
Sugars 3g			
Protein 14g			
Vitamin A 2%	Vitamin C 0%		
Calcium 8%	Iron 15%		
*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			

DIRECTIONS:

Add 1 cup Taco to 2 cups water. Bring to a boil, reduce heat, and simmer for at least two minutes until the excess moisture is absorbed, stirring occasionally. Remove from heat. Use as a meat extender or as the meat layer in a taco or tostada shell.

INGREDIENTS: Textured vegetable protein (soy flour, caramel color), soybean oil, salt, autolyzed yeast, spices, dextrose, onion, garlic, paprika.

Contains allergen: Soy.

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