



41
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 Chicken

Nutrition Facts

Serving Size: 1/4 Cup (26g dry)
Servings Per Container: 41

Amount Per Serving		% Daily Value*	
Calories	90	Calories from Fat	30
Total Fat	3g		5%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	550mg		23%
Total Carbohydrate	7g		2%
Dietary Fiber	4g		14%
Sugars	2g		
Protein	11g		
Vitamin A	0%	Vitamin C	0%
Calcium	6%	Iron	10%

*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

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DIRECTIONS:

To reconstitute: 2 parts water, 1 part chicken.
Simmer about 10 minutes.

Each 1 cup of dry Chicken Flavored Vegetarian Meat Substitute equals approx. 1 pound of chicken.

INGREDIENTS: Textured soy flour, soybean oil, salt, autolyzed yeast extract, hydrolyzed corn protein, natural smoke flavoring, thiamine hydrochloride, dextrose, disodium inosinate, disodium guanylate.

Contains allergen: Soy.