



BACON SEITAN

Pronounced "say-tan," Seitan originated in Japan, and is made by rinsing the starch away from wheat and retaining the protein. With an impressively meat-like texture and versatile flavor, Seitan is both high in protein and low in fat, without the cholesterol associated with meat.

Serving suggestion: Bacon Seitan is delicious on breakfast sandwiches, in wraps, chopped on salads, and much more.

Cooking Instructions: Lightly coat a pan with oil (optional) and cook over medium heat for 3–5 minutes, or until heated through. For crispy Bacon Seitan, we recommend cooking in oil. Can also be baked directly into or on top of your favorite dishes.

Ingredients: Water, Vital Wheat Gluten, Soy Sauce (water, soybeans, wheat, salt), Whole Wheat Flour, Natural Hickory Smoke Concentrate, Paprika, Sea Salt, Onion. Contains: Wheat and Soy.

NUTRITION FACTS

Serving Size: 2 oz (57 g)

Amounts per Serving		% Daily Value
Calories	80	
Total Fat	0.5 g	1%
Saturated Fat	0 g	0%
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	400 mg	17%
Total Carb.	5 g	2%
Dietary Fiber	<1 g	2%
Sugars	0 g	
Incl. Added Sugars	0 g	0%
Protein	15 g	
Vitamin D	0 mcg	0%
Calcium	30 mg	2%
Iron	1.3 mg	8%
Potassium	60 mg	2%



Certifications: CRC Kosher Pareve, Certified Plant Based

Case Size: 2 x 5 pounds

Case Cube (ft³): 0.548

Pallet Configuration: Ti:14-Hi:8

Storage: -5°F and 40°F (-20°C to 4°C)

About Upton's Naturals: Founded in 2006, Upton's Naturals is the only independent, vegan-owned meat alternative brands sold nationally. We are proud to be the #1 selling seitan brand in the Natural and MULO Channels (SPINS 52 weeks ending 2/20/22).

For more information email sales@uptonsnaturals.com.

Visit the recipe section of our website for more serving suggestions and menu inspiration.

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