



TRADITIONAL SEITAN STRIPS

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: Seitan Strips are ideal to add to bowls, wraps, and salads. Just add your own sauces and seasonings.

Cooking Instructions: Lightly coat a pan with oil (optional) and cook over medium heat for 3–5 minutes, or until heated through. For crispy bits, cook in a bit of oil. To plump the product up, add a splash of water and cover with a lid for a few minutes while cooking. 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, Sea Salt, Garlic, Onion.
Contains: Wheat and Soy.

NUTRITION FACTS

Serving Size: 2 oz (57 g)

| Amounts per Serving | | % Daily Value |
|---------------------|--------|---------------|
| Calories | 90 | |
| Total Fat | 0.5 g | 1% |
| Saturated Fat | 0 g | 0% |
| Trans Fat | 0 g | |
| Cholesterol | 0 mg | 0% |
| Sodium | 440 mg | 19% |
| Total Carb. | 5 g | 2% |
| Dietary Fiber | <1 g | 2% |
| Sugars | 0 g | |
| Incl. Added Sugars | 0 g | 0% |
| Protein | 18 g | |
| Vitamin D | 0 mcg | 0% |
| Calcium | 40 mg | 2% |
| Iron | 1.4 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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