



ORIGINAL JACKFRUIT

Native to Southeast Asia, Jackfruit is the largest tree-borne fruit in the world and is capable of reaching up to 100 pounds! The fibrous interior of young, unripe Jackfruit makes it an ideal substitute for shredded pork and poultry.

Serving suggestion: This Jackfruit is unseasoned, and should be prepared with seasonings or a sauce. Try it with BBQ sauce or taco seasoning, and use it anywhere you'd use pulled pork, shredded chicken, or even fish.

Cooking Instructions: Remove product from pouch, place in pan over medium heat with a small amount of oil (optional) and cook until thoroughly heated (8-10 mins). For finer shreds, break up in pan.

Ingredients: Organic Young Jackfruit, Water.

NUTRITION FACTS

Serving Size: 2.65 oz (75 g)

Amounts per Serving		% Daily Value
Calories	25	
Total Fat	0 g	0%
Saturated Fat	0 g	0%
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	15 mg	1%
Total Carb.	5 g	2%
Dietary Fiber	3 g	11%
Sugars	<1 g	
Incl. Added Sugars	0 g	0%
Protein	1 g	
Vitamin D	0 mcg	0%
Calcium	50 mg	4%
Iron	0.4 mg	2%
Potassium	110 mg	2%



Certifications: USDA Organic, Kosher Check

Case Size: 5 x 2.2 pounds

Case Cube (ft³): 0.430

Pallet Configuration: Ti:15-Hi:10

Storage: Can be stored with or without refrigeration; refrigeration required after opening.

About Upton's Naturals: Founded in 2006, Upton's Naturals is the only independent, vegan-owned meat alternative brands sold nationally.

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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