

**YOU WON'T BELIEVE IT'S MADE FROM PLANTS!**



# **MIND BLOWN™ CRISPY CRUNCHY FRIED SHRIMP**



 **TASTES JUST LIKE  
THE REAL THING**

 **PAR-FRIED**

 **EASY  
TO PREP**

 **VERSATILE  
APPLICATION**

 **100%  
PLANT BASED**

**SEA  
WHAT'S  
POSSIBLE™**



We are an all female, family-owned company that knows first-hand the positive impact plant based seafood can have on the ocean ~ because we come from the seafood industry ourselves! Our passion lies in seeing our oceans THRIVE again!



So much like the real thing - IT WILL BLOW YOUR MIND!

# MIND BLOWN™ CRISPY CRUNCHY FRIED SHRIMP

Country of Manufacture: USA

Case Dimensions: 13 x 9.5 x 7.5

Pallet TixHi: 5 x 14

Net Weight: 10 lbs.

Gross Weight: 11 lbs.

Case Quantity: 10 x 1 lb. bags

Item Number: BS-001-C

**Cooking Instructions: COOK FROM FROZEN**

## CONVENTIONAL OVEN:

Preheat oven to 425°F. Place frozen shrimp in a single layer on a greased baking sheet. Bake for 10 to 12 minutes.

## AIR FRYER:

Spray shrimp generously with cooking oil. Fry for 8-10 minutes at 370 degrees.

Appliances may vary. Cooking instructions are a guideline. Cook shrimp to an internal temperature of 165°F.



## Nutrition Facts

About 5 Servings per Container

Serving Size 3 oz. (84g / About 3 Shrimp)  
Approximately 16 shrimp

Amount Per Serving

**Calories 190**

% Daily Value\*

Total Fat 9 g 11%

Saturated Fat 0.5 g 3%

Trans Fats 0 g

Cholesterol 0 mg 0%

Sodium 380 mg 16%

Total Carbohydrate 27 g 10%

Dietary Fiber 2 g 7%

Total Sugars 1 g

Includes 1 g Added Sugars 0%

Protein 2 g

Vitamin D 0 mcg 0%

Calcium 5 mg 0%

Iron 1 mg 6%

Potassium 20 mg 0%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: VEGAN SHRIMP (WATER, KONJAC POWDER, VEGETABLE GUM, VEGETABLE ROOT STARCH, PAPRIKA, BROWN SUGAR, SEA SALT, PLANT BASED SEASONING), WHEAT FLOUR, VEGETABLE OIL (CANOLA, COTTONSEED AND/OR SOYBEAN), ENRICHED WHEAT FLOUR (ENRICHED WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), RICE STARCH, WATER, SALT, SUGAR, YEAST, SPICES (INCLUDING CELERY SEED), GARLIC POWDER, NATURAL FLAVOR, EXTRACTIVES OF PAPRIKA (COLOR).  
CONTAINS: WHEAT



SCAN ME

LET'S DIVE IN AND....SEA WHAT'S POSSIBLE™

[eatmindblown.com](http://eatmindblown.com)

[sales@plantbasedseafoodco.com](mailto:sales@plantbasedseafoodco.com)

[f](#) [i](#) [t](#) [t](#) [@eatmindblown](#)

Gwynn's Island, VA Based Company

1140 Old Ferry Rd., Grimstead Virginia, VA 23064

