



MIND BLOWN DUSTED SCALLOPS

*Gluten Free *Soy Free
*Oil Free *Plant Based/Vegan

Item #: MB-DSC-FS

Case Dimensions: 13 ¼" X 9 3/8" X 5 ¼"

Gross Weight: 11 lbs

Net Weight: 10 lbs.

Ti x Hi: 15 x 5

Nutrition Facts

2.5 servings per container
Serving size 11 pieces (86g)

Amount per serving
Calories 80

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 910mg **40%**

Total Carbohydrate 19g **7%**

Dietary Fiber 3g **11%**

Total Sugars 1g

Includes 1g Added Sugars **2%**

Protein 2g

Vitamin D 0mcg **0%**

Calcium 0mg **0%**

Iron 0mg **0%**

Potassium 0mg **0%**

*The % Daily Value (DV) 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.

COOKING INSTRUCTIONS:



STOVETOP:

COOK FROM FROZEN

In a skillet, heat oil to medium heat and cook plant based Mind Blown Dusted Scallops about 2 minute per side or until golden brown.

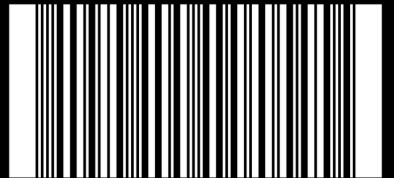


AIR FRYER:

Place plant based Mind Blown Dusted Scallops in a sprayed air fryer. Cook on 360°F for 10-12 minutes.

INGREDIENTS: PLANT BASED SCALLOP (KONJAC POWDER, VEGETABLE GUM, VEGETABLE ROOT STARCH, PAPRIKA, BROWN SUGAR, SEA SALT, COASTAL SEASONINGS), GLUTEN FREE FLOUR BLEND (RICE FLOUR, POTATO STARCH, PEA FIBER, TAPIOCA STARCH, XANTHAN GUM), SEASONINGS (CELERY SALT [CELERY SEED, SALT]), SPICES INCLUDING RED PEPPER AND BLACK PEPPER), PAPRIKA), SEASONING (DRIED GARLIC, DRIED PARSLEY, CITRIC ACID, SALT, CRYSTALLIZED LIME, LEMON OIL, RICE CONCENTRATE.)

Processed in the USA



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