

Ingredients:

ORGANIC TEMPEH (CULTURED ORGANIC SOYBEANS [ORGANIC SOYBEANS, LACTIC ACID FROM PLANT SOURCES], WATER, ORGANIC BROWN RICE), ORGANIC SMOKY MARINADE (WATER, ORGANIC TAMARI SOY SAUCE [WATER, ORGANIC SOYBEANS, SALT, ORGANIC ALCOHOL], ORGANIC APPLE CIDER VINEGAR, ORGANIC CANE SUGAR, SEA SALT, ORGANIC BEET POWDER (COLOR), ORGANIC SPICES, ORGANIC ONION POWDER, NATURAL SMOKE FLAVOR, XANTHAN GUM). CONTAINS: SOY.

PREPARATION INSTRUCTIONS :

TO COOK: Thaw from frozen. Pan fry in a moderate amount of hot oil until crispy around the edges.

Nutrient Facts

4 strips (76g) / About 9 servings per container

Amount Per Serving		%Daily Value
Calories	140 cal	
Total Fat	5 g	7 %
Saturated	0.5 g	4 %
+ Trans	0 g	
Cholesterol	0 mg	0 %
Sodium	580 mg	25 %
Total Carbohydrate	9 g	3 %
Dietary Fibre	5 g	17 %
Total Sugar	2 g	
Added Sugars	2 g	4 %
Protein	13 g	
Vitamin D	0 ug	0 %
Calcium	60 mg	4 %
Iron	1.5 mg	8 %
Potassium	230 mg	4 %

Allergens/Species/Sensitivity Ingredients

Contains: Soy