

<b>Nutrition Facts</b>	
<b>Serving size</b>	<b>5 Pieces (100g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>190</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 10g	<b>13%</b>
Saturated Fat 3g	<b>15%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 380mg	<b>17%</b>
<b>Total Carbohydrate</b> 13g	<b>5%</b>
Dietary Fiber 5g	<b>18%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 13g	<b>26%</b>
Not a significant source of vitamin D, calcium, iron, and potassium	
*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.	

#### INGREDIENTS:

WATER, TEXTURIZED PROTEIN (SOY, WHEAT GLUTEN, WHEAT STARCH), LIPI (SUNFLOWER OIL, NATURAL FLAVORING), COCONUT OIL, THICKENER (METHYLCELLULOSE), OAT FIBER. COATING: MAIZE FLOUR, WHEAT FLOUR, MODIFIED STARCHES, BREADCRUMB (WHEAT FLOUR, SALT, YEAST), WHEAT STARCH, SALT, TAPIOCA STARCH, SUNFLOWER OIL, WHITE PEPPER, DEXTROSE, RAISING AGENTS (E450, E500), GELLING AGENT (METHYLCELLULOSE).