

Nutrition Facts	Amount/serving	% DV	Amount/serving	% DV
4 servings	Total Fat 15g	19%	Total Carb. 9g	3%
Serving Size	Sat. Fat 1.5g	8%	Dietary Fiber 2g	7%
1 link (99g)	Trans Fat 0g		Total Sugars 2g	
	Cholesterol 0mg	0%	Incl. 0g Added Sugars	0%
	Sodium 440mg	19%	Protein 24g	
Calories				
per serving 260	Vitamin D 0% • Calcium 4% • Iron 15% • Potassium 15%			

HOW TO MAKE: **Grill:** For 3-4 min., turning occasionally. **Microwave:** On high for 30 seconds. **Stovetop:** Saute in light oil until browned, or boil in water for 90 seconds.

INGREDIENTS: Water, vital wheat gluten, expeller pressed canola oil, tofu (water, soybeans, magnesium chloride, calcium chloride), soy sauce (water, soybeans, wheat, salt), sundried tomatoes, soy flour and/or concentrate, contains less than 2% of basil, granulated garlic, sea salt, spices, sunflower oil, potassium chloride. **CONTAINS: SOY, WHEAT.**