

Nutrition Facts	Amount/serving	% DV	Amount/serving	% DV
4 servings	Total Fat 13g	17%	Total Carb. 10g	4%
Serving Size	Sat. Fat 1g	5%	Dietary Fiber 2g	7%
1 link (99g)	Trans Fat 0g		Total Sugars 2g	
Calories	Cholesterol 0mg	0%	Incl. 0g Added Sugars	0%
per serving 250	Sodium 570mg	25%	Protein 25g	
	Vitamin D 0% • Calcium 4% • Iron 10% • 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: Vital wheat gluten, tofu (water, soybeans, magnesium chloride, calcium chloride), water, expeller pressed canola oil, onions, soy sauce (water, soybeans, wheat, salt), soy flour and/or concentrate, granulated garlic, contains less than 2% of garlic puree, sea salt, spices, cane sugar, potassium chloride.
CONTAINS: SOY, WHEAT.