

<b>Nutrition Facts</b>	Amount/serving	% DV	Amount/serving	% DV
	<b>Total Fat</b> 16g	<b>21%</b>	<b>Total Carb.</b> 9g	<b>3%</b>
	Sat. Fat 1.5g	<b>8%</b>	Dietary Fiber 2g	<b>7%</b>
	Trans Fat 0g		Total Sugars 3g	
	<b>Cholesterol</b> 0mg	<b>0%</b>	Incl. 1g Added Sugars	<b>2%</b>
4 servings	<b>Sodium</b> 510mg	<b>22%</b>	<b>Protein</b> 22g	
<b>Serving Size</b> 1 link (99g)				
<b>Calories</b> per serving	<b>260</b>	Vitamin D 0% • Calcium 4% • Iron 10% • Potassium 10%		

**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), onions, soy flour and/or concentrate, amber ale (water, malted barley, hops, yeast), contains less than 2% of sea salt, cane sugar, spices, dehydrated onion, granulated garlic, garlic puree, carrageenan, dextrose, konjac, potassium chloride. **CONTAINS: SOY, WHEAT.**