

# Plant-Based Shreds

Plant-Based shreds are mainly made of soy protein.



## Main attributes

- Fully cooked, decreases prep time.
- Reduces risk of cross-contamination.
- Maximum product yield; 1 to 1.
- Blank canvas for any recipe.



## Nutritional Benefits

- Source of protein and fiber.
- Cholesterol and saturated fats free.
- Artificial flavors & preservatives free.
- Compared to chicken, 58% less calories & 95% less fat.

## Ingredients

Water, soy protein concentrate, isolated soy protein, contains 2% or less of pea protein, potato starch, salt (iodized), yeast extract, maltodextrin (corn), natural flavorings, soybean fiber, sugar, lactic acid. Contains: soy.

## Handling Recommendations

- 🧊 **Thaw before cooking.**
- 🍴 **Season and prepare just like any shredded meat.**
- 🕒 **Let it sit for a flavorful experience.**
- 🕒 **Up to 5 hours in chafing dish.**

**Storage** Frozen. **Shelf life** 15 months frozen. Refrigerated: Closed bag 14 days and opened bag 3 to 4 days.

**Presentation** 2.2 lb bag. **Packages per case:** 2.

## Nutrition Facts

Serving size (100g)	
Amount per serving	
<b>Calories 80</b>	
% Daily Value*	
<b>Total Fat</b> 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 350mg	15%
<b>Total Carbohydrate</b> 5g	2%
Dietary Fiber 3g	11%
Total Sugars 1g	
Includes 0g Added Sugars	0%
<b>Protein</b> 14g	25%
Vitamin D 0mcg	0%
Calcium 25mg	2%
Iron 2mg	10%
Potassium 28mg	0%

\*The % Daily Value 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.



Scan QR code for recipes