



Nutritional Fact Sheet

Beefish Bits

Ingredients: Textured vegetable protein (soy flour, caramel color), soybean oil, water, salt, hydrolyzed corn-soy-wheat protein, autolyzed yeast extract.

Description & Directions: Beefish Bits are a textured vegetable protein product with a beef-like, flavor, aroma, and color. Rehydrate with water at a 2 to 1 ratio for use as ground beef, or use directly in soups, stews, and other dishes.

Storage & Shelf-life: Store in original container in a cool, dry location, for 24 months. You may also reseal product in a vacuum type storage bag for extended storage. Once hydrated this product should be handled as fresh meat.

Nutrient	Per 100 grams dry	28g (app. 1/4 cup)
Energy (Calories)	313	87.64
Total Fat	9g	2.52g
Saturated Fat	1.3g	0.364g
Trans Fat	0g	0g
Cholesterol	0mg	0mg
Sodium	720mg	201.6mg
Total Carbohydrates	29g	8.12g
Dietary Fiber	13.9g	3.892g
Sugars	8g	2.24g
Protein	43g	12.04g
Vitamin A (IU)	34	9.52
Thaimin-B1	0mg	0mg
Riboflavin	0mg	0mg
Niacin	0mg	0mg
Vitamin B-6	0mg	0mg
Vitamin C	0mg	0mg
Calcium	216mg	60.48mg
Iron	7.9mg	2.212mg
Phosphorus	0mg	0mg
Potassium	0mg	0mg

Plant Location: 806 Rovit Street, Greenville, NC 27834

Mailing Address: PO Box 439, Winterville, NC 28590

Service Dept. (252) 353-2008 / Ordering (800) 696-1395 / Fax (252) 353-2009

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