



Nutritional Fact Sheet Chickenish Bits

Ingredients: Textured soy flour, soybean oil, salt, autolyzed yeast extract, hydrolyzed corn protein (hydrolyzed corn protein, autolyzed yeast extract, partially hydrogenated cottonseed and soybean oils, thiamine hydrochloride, dextrose, disodium inosinate, disodium guanylate), natural flavoring (partially hydrogenated soybean oil, natural flavorings).

Description & Directions: Chickenish Bits are a textured vegetable protein product with a chicken-like, flavor, aroma, and color. Rehydrate with water at a 2 to 1 ratio for use as ground chicken, 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)	347	97.16
Total Fat	12g	3.36g
Saturated Fat	1.7g	0.476g
Trans Fat	0g	0g
Cholesterol	0mg	0mg
Sodium	664mg	185.92mg
Total Carbohydrates	30g	8.4g
Dietary Fiber	14.3g	4.004g
Sugars	8.2g	2.296g
Protein	44g	12.32g
Vitamin A (IU)	36	10.08
Thaimin-B1	0mg	0mg
Riboflavin	0mg	0mg
Niacin	0mg	0mg
Vitamin B-6	0mg	0mg
Vitamin C	0mg	0mg
Calcium	222mg	62.16mg
Iron	8.1mg	2.268mg
Phosphorus	0mg	0mg
Potassium	0mg	0mg

Plant Location: 806 Rivit Street, Greenville, NC 27834

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