



# Nutritional Fact Sheet

## Hamish Bits

**Ingredients:** Textured vegetable protein (soy flour, red 3), soybean oil, water, hydrolyzed corn-soy-wheat protein, brown sugar, salt, autolyzed yeast extract, smoke flavoring, artificial flavoring, thiamine hydrochloride, dextrose, partially hydrogenated cottonseed oil, disodium inosinate, disodium guanylate, spice extract.

**Description & Directions:** Hamish Bits are a textured vegetable protein product with a bacon-like, flavor, aroma, and color. Rehydrate with water at a 2 to 1 ratio for use as ground ham, or use directly in gravies, 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)	379	106.12
Total Fat	19g	5.32g
Saturated Fat	2.8g	0.784g
Trans Fat	0.05g	0.014g
Cholesterol	0mg	0mg
Sodium	799mg	223.72mg
Total Carbohydrates	27g	7.56g
Dietary Fiber	12g	3.36g
Sugars	9g	2.52g
Protein	37g	10.36g
Vitamin A (IU)	29	8.12
Thaimin-B1	0mg	0mg
Riboflavin	0mg	0mg
Niacin	0mg	0mg
Vitamin B-6	0mg	0mg
Vitamin C	0mg	0mg
Calcium	183mg	51.24mg
Iron	6.8mg	1.904mg
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

[www.harmonyhousefoods.com](http://www.harmonyhousefoods.com)