



Nutritional Fact Sheet Textured Soy Protein, Unflavored

Ingredients: Soy Flour.

Description & Directions: Add 1 part textured soy flour to 2 parts water. Simmer until soft. May also use directly in cooked 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	20g (app. 1/4 cup)
Energy (Calories)	279	55.8
Total Fat	1g	0.2g
Saturated Fat	0.1g	0.02g
Trans Fat	0g	0g
Cholesterol	0mg	0mg
Sodium	20mg	4mg
Total Carbohydrates	34g	6.8g
Dietary Fiber	16.5g	3.3g
Sugars	9.5g	1.9g
Protein	50g	10g
Vitamin A (IU)	41	8.2
Thiamin-B1	0.7mg	0.14mg
Riboflavin	0.2mg	0.04mg
Niacin	2.6mg	0.52mg
Vitamin B-6	0.5mg	0.1mg
Vitamin C	0mg	0mg
Calcium	244mg	48.8mg
Iron	9.3mg	1.86mg
Phosphorus	0mg	0mg
Potassium	0mg	0mg

Plant Location: 806 Rovit Street, Greenville, NC 27834

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