



## Nutritional Fact Sheet

Chicken Style Flakes (Unflavored)

**Ingredients:** Textured soy flour. CONTAINS SOY

**Description & Directions:** Chicken Style Flakes are a textured vegetable protein product with a chicken-like texture and color. Rehydrate with water at a 2 to 1 ratio for use as chicken flakes, 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
Calories	290.00 kcal
Protein	53.00 g
Total Carbohydrate	32.00 g
Sugars	15.00 g
Added Sugars	0.00 g
Dietary Fiber	17.00 g
Total Fat	3.00 g
Saturated Fat	0.70 g
Cholesterol	0.00 mg
Vitamin C	0.00 mg
Vitamin D	-- mcg
Calcium	200.00 - 400.00 mg
Iron	5.00 – 10.00 mg
Potassium	2100.00 – 2500.00 mg
Sodium	10.00 – 20.00 mg
Trans Fat	<0.05 g