



Nutritional Fact Sheet

Textured Soy Protein (Unflavored)

Ingredients: Textured soy flour. CONTAINS SOY

Description & Directions: Rehydrate with water at a 2 to 1 ratio. 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
Calories	353.00 kcal
Protein	51.00 g
Total Carbohydrate	34.00 g
Sugars	9.00 g
Added Sugars	0.00 g
Dietary Fiber	25.00 g
Total Fat	2.00 g
Saturated Fat	0.50 g
Cholesterol	0.00 mg
Vitamin C	0.00 mg
Vitamin D	0.00 mcg
Calcium	300.00 mg
Iron	8.00 mg
Potassium	2280.00 mg
Sodium	10.00 mg
Trans Fat	0.01 g