



## Nutritional Fact Sheet

Textured Soy Protein (Non-GMO, Unflavored)

**Ingredients:** Textured Soy Flour. CONTAINS SOY

**Description & Directions:** Add 1 part Non-GMO textured soy flour to 2 parts water. Simmer until soft.

**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	282.00 kcal
Protein	50.00 g
Total Carbohydrate	36.00 g
Sugars	14.00 g
Added Sugars	0.00 g
Dietary Fiber	22.00 g
Total Fat	1.80 g
Saturated Fat	0.50 g
Cholesterol	0.00 mg
Vitamin C	0.00 mg
Vitamin D	0.00 mcg
Calcium	358.00 mg
Iron	8.00 mg
Potassium	2277.00 mg
Sodium	15.00 mg
Trans Fat	0.00 g