



# Nutritional Fact Sheet

## Beefish Bits

**Ingredients:** Soy flour, caramel color. CONTAINS SOY

**Description & Directions:** Beefish Bits are a textured vegetable protein product with a beef-like, flavor, aroma, and color. Rehydrate with water at a 2 to 1 ratio for use as ground beef, 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.

Nutrient	Per 100 grams dry	22g (app. 1/4 cup)
Energy (Calories)	290.00	63.80
Total Fat	3.00g	0.66g
Saturated Fat	0.70g	0.15g
Trans Fat	0.00g	0.00g
Cholesterol	0.00mg	0.00mg
Sodium	20.00mg	4.40mg
Total Carbohydrates	32.00g	7.04g
Dietary Fiber	17.00g	3.74g
Sugars	15.00g	3.30g
Protein	53.00g	11.66g
Vitamin A (IU)	0.00	0.00
Thaimin-B1	mg	0.00mg
Riboflavin	mg	0.00mg
Niacin	mg	0.00mg
Vitamin B-6	mg	0.00mg
Vitamin C	mg	0.00mg
Calcium	mg	0.00mg
Iron	10.00mg	2.20mg
Phosphorus	900.00mg	198.00mg
Potassium	2500.00mg	550.00mg

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