



Nutritional Fact Sheet

Chickenish Flakes

Ingredients: Soy Flour. CONTAINS SOY

Description & Directions: Chickenish Flakes are a textured vegetable protein product with a chicken-like, flavor, aroma, and color. Rehydrate with water at a 2 to 1 ratio for use as flaked chicken for salad, 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	20g (app. 1/4 cup)
Energy (Calories)	290.00	58.00
Total Fat	3.00g	0.60g
Saturated Fat	0.70g	0.14g
Trans Fat	0.00g	0.00g
Cholesterol	0.00mg	0.00mg
Sodium	20.00mg	4.00mg
Total Carbohydrates	32.00g	6.40g
Dietary Fiber	17.00g	3.40g
Sugars	15.00g	3.00g
Protein	53.00g	10.60g
Vitamin A (IU)	0.00	0.00
Thiamin-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	2.00mg
Phosphorus	900.00mg	180.00mg
Potassium	2500.00mg	500.00mg

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