



Nutritional Fact Sheet

Hamish Bits

Ingredients: Soy flour, caramel color, FD&C Red #3. CONTAINS SOY

Description & Directions: Hamish Bits are a textured vegetable protein product with a bacon-like, flavor, aroma, and color. Rehydrate with water at a 2 to 1 ratio for use as ground ham, or use directly in gravies, 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	25g (app. 1/4 cup)
Energy (Calories)	290.00	72.50
Total Fat	3.00g	0.75g
Saturated Fat	0.70g	0.18g
Trans Fat	0.00g	0.00g
Cholesterol	0.00mg	0.00mg
Sodium	20.00mg	5.00mg
Total Carbohydrates	32.00g	8.00g
Dietary Fiber	17.00g	4.25g
Sugars	15.00g	3.75g
Protein	53.00g	13.25g
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	2.50mg
Phosphorus	900.00mg	225.00mg
Potassium	2500.00mg	625.00mg

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