



Nutritional Fact Sheet

Textured Soy Protein, Unflavored

Ingredients: Soy Flour. CONTAINS SOY

Description & Directions: Add 1 part textured soy flour to 2 parts water. 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	20g (app. 1/4 cup)
Energy (Calories)	279.00	55.80
Total Fat	1.00g	0.20g
Saturated Fat	0.10g	0.02g
Trans Fat	0.00g	0.00g
Cholesterol	0.00mg	0.00mg
Sodium	20.00mg	4.00mg
Total Carbohydrates	34.00g	6.80g
Dietary Fiber	16.50g	3.30g
Sugars	9.50g	1.90g
Protein	50.00g	10.00g
Vitamin A (IU)	41.00	8.20
Thaimin-B1	0.70mg	0.14mg
Riboflavin	0.20mg	0.04mg
Niacin	2.60mg	0.52mg
Vitamin B-6	0.50mg	0.10mg
Vitamin C	0.00mg	0.00mg
Calcium	244.00mg	48.80mg
Iron	9.30mg	1.86mg
Phosphorus	0.00mg	0.00mg
Potassium	0.00mg	0.00mg

Physical Address: 181 Industrial Park Road * Franklin, NC 28734

Phone: (800) 696-1395 / Fax (800) 696-7874

www.GoHHF.com