









Barvecue makes authentically wood-smoked, plant-based comfort foods. Made with wholesome ingredients, Barvecue is delicious and nutritious. All products are Non-GMO Project Verified, vegan and gluten-free.

CARNITAS











KEEP FROZEN

PERFECT FOR:

























CARNITAS



naked shredded

Cooking Instructions:

Thaw in refrigerator. Remove from package and place in heated pan with a little oil. Sizzle over medium-high stove top for 3-5 minutes to desired level of crisp and char. Enjoy! May refrigerate for up to 5 days. Heat to minimum 165° F internal temperature.

Ingredients:

Water, Barvecue® Protein Blend (Whole Soybean, Sweet Potato), Organic Apple Cider Vinegar, Canola Oil, Lime Powder, Salt, Black Pepper, Oregano, Garlic Powder, Onion Powder Contains: Soy

Nutrition Fa	acts	
32 servings per contain Serving size 2 oz		
Amount Per Serving Calories	130	
% Daily Value*		
Total Fat 8g	10%	
Saturated Fat 1g	5%	
Trans Fat 0g		
Cholesterol Omg	0%	
Sodium 310mg	13%	
Total Carbohydrate 5g	2%	
Dietary Fiber 2g	7 %	
Total Sugars 1g		
Incl. 1g Added Sugars	2%	
Protein 10g		
Vitamin D 0mcg	0%	
Calcium 40mg	4%	
Iron 1.6mg	8%	
Potassium 330mg	6%	
* The % Daily Value (DV) tells you he nutrient in a serving of food contril	w much a	

Ingredients:

Water, Barvecue® Protein Blend (Whole Soybean, Sweet Potato), Organic Apple Cider Vinegar, Canola Oil, Salt, Chili Powder, Paprika, Garlic Powder, Onion Powder, Mustard Powder, Black Pepper, Organic Brown Sugar, Celery Seed Contains: Soy

Nutrition F	acts	
32 servings per container Serving size 2 oz (57g)		
Amount Per Serving Calories	120	
% Dai	ly Value	
Total Fat 7g	99	
Saturated Fat 0.5g	39	
Trans Fat 0g		
Cholesterol Omg	09	
Sodium 180mg	89	
Total Carbohydrate 6g	29	
Dietary Fiber 3g	119	
Total Sugars 1g		
Incl. 1g Added Sugars	2 9	
Protein 9g		
Vitamin D 0mcg	09	
	49	
Iron 1.5mg	89	
Potassium 360mg	89	
	8 8 ow much a	

Water, Barvecue® Protein Blend (Whole Soybean, Sweet Potato), Organic Apple Cider Vinegar, Canola Oil, Nutritional Yeast, Salt, Onion Powder, Black Pepper, Celery Seed Contains: Soy

Nutrition F	acts
32 servings per conta	ainer
Serving size 2 c	z (57g)
Amount per serving	1/0
Calories	<u> 140</u>
% Da	aily Value*
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 6g	2%
Dietary Fiber 3g	11%
Total Sugars 1g	
Incl. 0g Added Sugars	0%
Protein 10g	
Vitamin D 0mcg	0%
Calcium 50mg	4%
Iron 1.7mg	10%
Potassium 450mg	10%
*The % Daily Value (DV) tells you nutrient in a serving of food con daily diet. 2,000 calories a day general nutrition advic	tributes to a is used for

4/2 lb bags