

fable



# Fable Pulled Shiitake Mushrooms

**Product code (unit size):**

FB042-US - 2.2lb/unit, 6 units per carton, 13.23lb per carton



**Fable Food**

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DESCRIPTION:

A delicious and succulent culinary protein made from shiitake mushrooms. Crafted using simple and natural ingredients you'd recognize. Strictly free from GMO, preservatives and artificial ingredients. It's real food, real mushrooms – but better. Use it in all the same ways as braised beef, pulled pork and in some new ways too!

FOOD PREPARATION CLASSIFICATION

Ready to heat.

COOKING INSTRUCTIONS:

Product must be thawed and cooked.

Preheat oven to 450°F. Spread Fable on a tray and cook for 6 minutes (for dry recipes) or 9 minutes (for sauced recipes). Once cooked, add spice or sauce and toss through. Serve immediately or place in bain-marie for up to 4 hours. Alternatively, store chilled/frozen and re-heat to order.

NUTRITION FACTS

Servings per package (1kg):	8
Serving size:	½ cup (4 oz)
Amount per serving	
Calories	350
% Daily Intake*	
Total Fat 22 g	28%
Saturated Fat 12 g	60%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 490 mg	21%
Total Carbohydrate 23 g	8%
Dietary Fiber 19 g	68%
Total Sugars 0 g	
Includes 0 g Added Sugars	0%
Protein 14 g	28%
Vitamin D 107.2 mcg	540%
Calcium 60 mg	4%
Iron 2 mg	10%
Potassium 190 mg	4%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

PRODUCT SPECIFICATION

Ingredients:	Mushroom (45%) (naturally occurring <b>Sulphites</b> ), Water, Coconut Oil, <b>Soy</b> Protein Isolate (non GMO), Canola Oil (non GMO), Tapioca Flour, Gluten Free <b>Soy</b> Sauce (non GMO), Salt, Yeast Extract, White Pepper, Mushroom Powder, Black Pepper
Country of Origin	Malaysia
Sensory	Color – Typically light to medium brown Taste – Similar taste and texture of pulled beef
Analytical	Pesticide residues conform to Food Standards Code requirements.
Microbiological	Listeria monocytogenes ND in 25g Listeria spp ND in 25g Salmonella spp ND in 25g Bacillus cereus < 100 cfu/g Coagulase Positive Staphylococci < 100 cfu/g Clostridium perfringens < 100 cfu/g Coliform < 100 cfu/g E. Coli < 3 MPN/g SPC < 100,000 cfu/g Yeast & Mold <1000 cfu/g ND = Not detected
Frequency of Micro Testing	Testing is conducted on per day batch
Storage	Store frozen below -4°F or refrigerated between 35–39°F.
Allergen Status	Contains: <b>Soy</b> and naturally occurring <b>Sulphites</b> . May Contain: <b>Wheat</b> since this product is manufactured in a facility that processes other food products which may contain these ingredients.
Product Nature	As with all Shiitake mushrooms, it may contain naturally occurring woody and fibrous material from the growing process.
GMO Status	This product has not been genetically modified nor have any genetically modified ingredients been used in its manufacture. It does not require labelling as a genetically modified food in accordance with FSANZ Food Standard 1.5.2.

Certifications

