



BANANA BLOSSOM

Banana Blossom is a large, purple-skinned flower that grows at the end of a bunch of bananas. Its tightly packed petals are neutral in flavor but mimic the flaky texture of fish, making it an ideal whole-food substitute.

Serving suggestion: Serve Banana Blossom in place of fish. Tastes great when battered and fried, but also works well as a crunchy element in soups and salads. Check out our recipe for Banana Blossom Fillet at uptonsnaturals.com/recipes.

Cooking Instructions: We recommend patting the Banana Blossom dry with a clean cloth or paper towel before battering and frying, or seasoning as desired and adding it to your dish.

Ingredients: Organic Banana Blossom, Water, Organic Lime Juice, Sea Salt.

NUTRITION FACTS

Serving Size: 3.5 oz (100 g)

Amounts per Serving		% Daily Value
Calories	20	
Total Fat	0 g	0%
Saturated Fat	0 g	0%
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	300 mg	13%
Total Carb.	4 g	1%
Dietary Fiber	3 g	10%
Sugars	<1 g	
Incl. Added Sugars	0 g	0%
Protein	2 g	
Vitamin D	0 mcg	0%
Calcium	40 mg	2%
Iron	0.6 mg	4%
Potassium	105 mg	2%



Certifications: USDA Organic, Kosher Check

Case Size: 5 x 2.2 pounds

Case Cube (ft³): 0.430

Pallet Configuration: Ti:15-Hi:10

Storage: Can be stored with or without refrigeration; refrigeration required after opening.

About Upton's Naturals: Founded in 2006, Upton's Naturals is the only independent, vegan-owned meat alternative brands sold nationally.

For more information email sales@uptonsnaturals.com.

Visit the recipe section of our website for more serving suggestions and menu inspiration.

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