

Ingredients:

CULTURED ORGANIC SOYBEANS (ORGANIC SOYBEANS, LACTIC ACID FROM PLANT SOURCES), WATER, ORGANIC BROWN RICE. CONTAINS: SOY.

PREPARATION INSTRUCTIONS :

TO COOK: Cut into 1/4" thick slices; pan fry in a moderate amount of hot oil until crispy brown around the edges.

Nutrient Facts

3 oz (84g) / About 2.5 servings per container

Amount Per Serving		%Daily Value
Calories	150 cal	
Total Fat	6 g	7 %
Saturated	1.0 g	4 %
+ Trans	0 g	
Cholesterol	0 mg	0 %
Sodium	15 mg	1 %
Total Carbohydrate	8 g	3 %
Dietary Fibre	6 g	20 %
Total Sugar	0 g	
Added Sugars	0 g	0 %
Protein	18 g	35 %
Vitamin D	0 ug	0 %
Calcium	90 mg	6 %
Iron	1.5 mg	8 %
Potassium	240 mg	6 %

Allergens/Species/Sensitivity Ingredients

Contains: Soy