



## PRODUCT INFORMATION

<b>Product Name:</b>	<b>Plant Based Nuggets</b>
<b>Product Description:</b>	Formed vegan meat, coated in breadcrumb, par fried and IQF snap frozen.
<b>Product Weight:</b>	5 kg bulk   200 nuggets per case
<b>Item Code:</b>	105632
<b>Mastercase UPC:</b>	10670834007529

## QUALITY INFORMATION

<b>Batch Coding:</b>	Best before date / Batch number
<b>Storage:</b>	Keep frozen. Store at or below -0.4°F (-18°C)
<b>Shelf Life Frozen:</b>	18 months
<b>Shelf Life Thawed:</b>	7 days if stored below 40°F (4°C)

## OUR INGREDIENTS

Water, Whole wheat flour, Soy protein, Canola oil, Coconut oil, Methylcellulose, Cellulose gum, Salt, Sugar, Dehydrated vegetables (onion, garlic), Yeast, Yeast extracts, Modified corn starch, Spices (pepper), Natural flavours, olive oil, Guar gum, Herbs, Rice bran oil, Hydrolyzed vegetable protein (wheat).

Contains: Wheat. Soy.

## Nutrition Facts Valeur nutritive

Per 4 nuggets (100 g)  
Pour 4 pépites (100 g)

**Calories 230**

% Daily Value\*  
% valeur quotidienne\*

<b>Fat / Lipides</b> 14 g	22%
Saturated / saturés 4 g	20%
+Trans / trans 0 g	
<b>Carbohydrate / Glucides</b> 21 g	
Fibre / Fibres 7 g	28%
Sugar / Sucres 2 g	2%
<b>Protein / Protéines</b> 10 g	
<b>Cholesterol / Cholestérol</b> 0 mg	
<b>Sodium / Sodium</b> 520 mg	22%
Potassium 300 mg	6%
Calcium 70 mg	6%
Iron / Fer 1.3 mg	9%

\* 5% or less is a little, 15% or more is a lot  
\* 5% ou moins c'est peu, 15% ou plus c'est beaucoup

Sensory Attribute	Description of Requirement
Colour:	Golden bread crumb coating, uniform off white formed meat.
Appearance:	Formed Plant Based nugget, evenly coated in a golden crumb.
Aroma:	Plant based nugget with typical fried savoury aroma. The product shall be free from rancidity and foreign odours of any kind.
Flavour:	Crumbed plant based nugget with typical fried savoury flavour. The product shall be free from rancidity, bitterness and foreign flavours of any kind.
Texture:	The coating shall have a crisp texture and not be too oily. Tender meat, slightly firm, fibrous and succulent.

## COOKING INSTRUCTIONS

- Inner temperature should be (74°C | 165°F)
- Cook from frozen

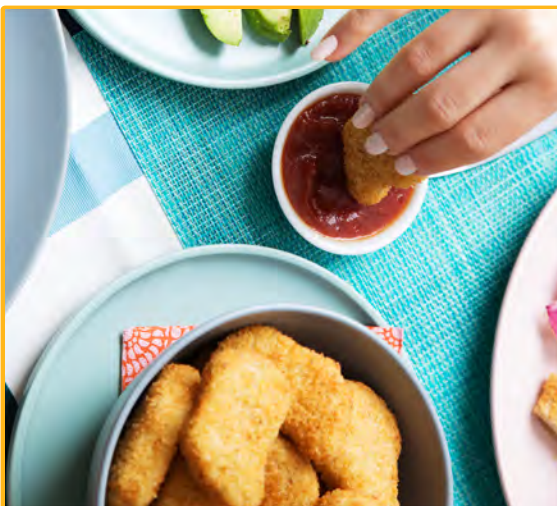
### Oven:

1. Line an oven tray with parchment paper and place in the oven.
2. Preheat oven to 200°C / 400°F.
3. Remove nuggets from packaging and place onto preheated lined baking tray.
4. Place tray in oven and cook for 12-15 minutes, turn halfway through and cook until nuggets are golden brown.
5. Remove from oven and serve.

### Air-Fry:

1. Pre-heat air fryer to 200°C / 400°F.
2. Remove nuggets from packaging and place in the air fryer basket. Spread out into a single layer. No oil is required.
3. Cook for 8-10 minutes or until golden brown.
4. Remove from air fryer and serve.

Please Note: This is a guide only as appliance temperatures can vary. You may need to adjust cooking times accordingly. Product must be fully cooked prior to consumption.



## VERY CLEVER FOOD

Our foods represents years of research, creativity and craftsmanship. We source the very best ingredients and take the time to perfect our recipes for not only taste but also texture and visual appeal.

### Good For People and The Planet

The option is yours to make. We love the food we produce and we know it's good for people and good for the planet.