



COOKING INSTRUCTIONS

Pan: Raw from frozen or refrigerated, cook with oil to an internal temperature of 165°F or until desired texture.

Oven: Preheat the oven to 350°F. Add oil or sauce to frozen or thawed Pieces. Place in oven for 10-15 minutes or until desired texture.

SAFE HANDLING INSTRUCTIONS

This product is ready-to-cook.

PAOW! Italian Sausage Flavored Pieces can be used right from the freezer or can be refrigerated for 5-7 days.

Cook to an internal temperature of 165°F.

KEEP FROZEN - STORE AT 0°F.

Nutrition Facts

Serving size	1 cup (100g)
Amount Per Serving Calories	160
	% Daily Value*
Total Fat 10g	13%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 770mg	33%
Total Carbohydrate 7g	3%
Dietary Fiber 5g	18%
Total Sugars 0g	
Includes 0g Added Su	gars 0%
Protein 12g	24%
Vitamin D 0mcg	0%
Calcium 133mg	10%
Iron 3mg	15%
Potassium 330mg	8%

serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

For more information

INGREDIENTS

PAOW! Plant-Based Protein (water, soy protein concentrate), Sunflower Oil, Soy Sauce, Ground Fennel Seed, Oregano, Kosher Salt, Whole Fennel Seeds, Ground Cayenne Pepper.

CONTAINS: SOY

PRODUCED IN THE USA

Manufactured by:

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