



Retail

Our passion for delivering delicious vegetarian offerings means good business for you.

- ✔ *Vegetarian/Vegan*
- ✔ *Wheat Free*
- ✔ *Gluten Free*
- ✔ *Organic*
- ✔ *Saturated Fat Free*
- ✔ *Excellent Source of Iron*
- ✔ *Heart Healthy Soy**
- ✔ *Only 80 Calories*
- ✔ *Only 2 Grams of Fat*
- ✔ *7 Grams of Protein*

**25g of soy protein a day, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease. A Veggie Crumbles serving provides 7g of soy protein.*

Visit www.solcuisine.com/american-retail to check out our complete product line-up and learn more about how Sol Cuisine can help you build your protein profit.

Sol Cuisine Inc.
Tel: 905.502.8500
Toll Free: 1.800.370.8004
Fax: 905.502.8100
3249 Lenworth Drive
Mississauga, ON Canada L4X 2G6

www.solcuisine.com

Our Organic Veggie Crumbles

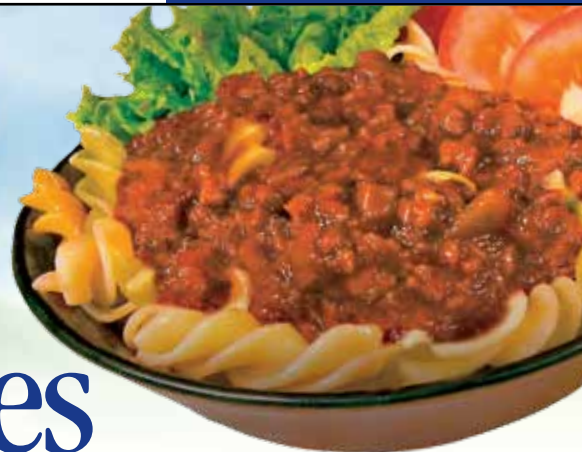
Your customers will crave this alternative to ground meat!



Retail

Organic Veggie Crumbles

*88% Less Fat Than Ground Beef**



Preparation Instructions:

Thaw frozen Veggie Crumbles overnight in refrigerator or thaw in microwave. Keep refrigerated and use within 4 days of thawing. Product is pre-cooked, flavored and ready to add to any recipe as an alternative to ground meat. For best results, add Veggie Crumbles in the last few minutes of cooking. Cook to an internal temperature of 160°F (71°C).

INGREDIENTS: Filtered Water, Soy Flour*, Molasses*, Onions*, Sunflower Oil*, Tomato Paste*, Onion Powder*, Evaporated Cane Juice*, Garlic Powder*, Flavor (Sesame), Sea Salt, Yeast Extract, Spice*, Vitamin & Mineral Blend (Copper Gluconate, Folic Acid, Ferric Orthophosphate, Riboflavin, Niacinamide, Calcium D-Pantothenate, Pyridoxine Hydrochloride, Thiamine Mononitrate, Cyanocobalamin, Zinc Oxide, Potassium Chloride, Salt).

*Organic. These Organic Veggie Crumbles are made from ingredients that were not genetically engineered.

MADE IN A FACILITY THAT USES SOY, TREE NUTS, SESAME SEEDS AND WHEAT.

Shelf Life: 1 year • Keep frozen

Product Code: 1947

Package Size (H"xW"xD"):

4.5 x 6.5 x 1.4

Case Pack: 12 x 10 oz (280g)

Case Dimensions (L"xW"xH"):

14 x 9.7 x 6

SCC#: 10-6-28025-01947-9

**Sol Cuisine Veggie Crumbles contain 2g fat, compared with cooked ground beef (57g), which contains 17g fat.*

Nutrition Facts

Serving Size 1/3 cup 2 oz. (56g)
Servings Per Container 5

Amount Per Serving

Calories 80 Calories from Fat 20

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 280mg **12%**

Total Carbohydrate 8g **3%**

Dietary Fiber 2g **8%**

Sugars 3g

Protein 7g

Vitamin A 0% • Vitamin C 0%

Calcium 6% • Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

*It's about quality. It's about taste.
It's about offering a wide variety of
vegan and vegetarian food choices
that people love. And it's about time.*

*We've been at this for a good
long time – over three decades –
and our commitment shows in each
and every one of our products.*

*We're dedicated to providing you
with mouthwatering choices
developed with uncompromising
texture and flavor. We started out in
1980 with a passion for providing
healthy, great tasting vegan and
vegetarian foods and today,
that passion is just as strong.*



Your natural source for healthy, delicious
vegetarian foods since 1980.

