



A natural food company



VEGAN

Chicken Teriyaki

a meatless entrée

These tantalizing chicken strips in a traditional Asian sauce are wonderful served in a stir-fry over white rice, or on a fresh garden salad.

It's all about balance.

Balancing the desire to eat well with the need to eat healthy. By skillfully blending flavor and texture, the chefs of Pure Vegetarian have created delicious, satisfying meatless entrées that are rich in protein, low in fat and cholesterol free.

These main courses are healthy, delicious and nutritious. They're loved by vegetarians and non-vegetarians alike.

All Pure Vegetarian entrées are fully cooked and easy to prepare in minutes.

Nutrition Facts	
Serving Size 56g	
Servings Per Container 3.6	
Amount Per Serving	
Calories 150	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 2.5g	10.5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 480mg	20%
Total Carbohydrate 14g	5%
Dietary Fiber 3g	11%
Sugars 7g	
Protein 9g	
Vitamin A	6%
Vitamin C	6%
Calcium	2%
Iron	6%

*Percent Daily Values are based on a 2,000 calorie diet.

Ingredients:

Soybean Fiber, Soybean Protein, Sweet Potato Powder, Wheat Protein, Starch, Soy Sauce, Cane Sugar, Salt, Maltose, Yeast Peptone Powder, White Pepper Powder, Spices. Sauce: Soy Sauce, Water, Spice, Raw Cane Sugar, White Pepper Powder.

NET WT 7 OZ (200g)

KEEP FROZEN • Contains Soy and Wheat • Fully Cooked. Simply Reheat.

Your Pure Vegetarian meatless entrée is pre-cooked. For best results, thaw it before you prepare it, and be careful not to overcook it.

Combine vegetables and other tasty ingredients with your Pure Vegetarian meatless entrée to create a healthy, delicious meal.

Stovetop Directions:

Remove from bag. Chop vegetables into bite-size pieces and stir fry in a small amount of oil until almost done. Add Chicken Teriyaki and continue to stir fry for an additional 5 minutes. Serve immediately.

Microwave Directions:

Place your thawed entrée on a microwave-safe plate and cook it on high for 2 to 3 minutes. Keep an eye on it so you don't overcook it.