



A natural food company

- ✓ ALL NATURAL
- ✓ NON-GMO
- ✓ NO TRANS FAT
- ✓ HIGH IN PROTEIN

VEGAN

Citrus Beef

a meatless entrée

A classic Asian recipe, these bite-size chunks of glazed beef bring a zesty orange flavor to rice, noodles, vegetables, and salads.

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.

NET WT 7 OZ (200g)

Nutrition Facts	
Serving Size 71g	
Servings Per Container 2.8	
Amount Per Serving	
Calories 199	Calories from Fat 80
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 2.5g	11%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 670mg	28%
Total Carbohydrate 20g	7%
Dietary Fiber 4g	14%
Sugars 10g	
Protein 10g	
Vitamin A	0%
Vitamin C	4%
Calcium	4%
Iron	15%

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

Ingredients:

Soybean Fiber, Soybean Protein, Wheat Protein, Water, Vegetable Oil, Starch, Soy Sausce, Cane Sugar, Salt, Maltose, Yeast Peptone Powder, White Pepper Powder, Black Pepper Powder, Tangerine, Spices. Sauce: Soy Sauce, Water, Maltose, Vinegar, White Pepper Powder, Raw Cane Sugar.

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:

In a lightly oiled non-stick skillet, sauté your thawed entrée over medium heat until gently browned. We'd recommend 7 to 8 minutes, turning occasionally.

Conventional Oven Directions:

Preheat the oven to 375°, then bake your thawed entrée for approximately 10 to 12 minutes. Check it periodically to avoid over-baking.

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.