

# OUMPH!

## Pure Oumph!

### Nutritional values /100g of the product

Energy [kJ]	477	
Energy [kcal]	114	
Fat [g]	2,2	2,2%
Saturated fatty acids [g]	0,3	0,3%
Carbohydrate [g]	1,4	1,4%
Sugar [g]	< 0,3	<0,3%
Fiber [g]	6,1	6,1%
Protein [g]	18	18%
Salt [g]	1,3	1,3%

### Common details

Storage conditions / temperatur	Frozen -18 °C (IQF)
Common details	Vegan
Physical parameters	Soy pieces in different sizes and forms
Degree of convenience	Ready to cook, heat up totally before eating

### Sensory description

Appearance	Light beige, a little shiny
Flavour	Fresh, typical without offtaste
Consistency	Firm, fibery meat structure

### Recommended preparations

Pan: Heat up vegetable oil in a pan, add the chunks and heat them up for appr 3-4 min or until they are at the consistency you prefer. Add your favourite spices and/or sauce.

Oven: Preheat the oven to 200 °C /390 F, then put in the chunks and lower the temperature to 180 °C / 360F. Heat for appr 10 minutes.

Deep fry: Put the chunks in a deep fryer for 10-15 seconds. (180°C)

### Ingredients

Drinking water, **Soy protein concentrate** 27%, sunflower oil, natural flavour, seasalt, maltodextrin, spices (paprika, pepper, ginger, onions, nutmeg, mace, carda-