

**Coming
Soon**

Our simply delicious chik'n bites are infused with authentic BBQ flavor and mimic the texture and mouthfeel of traditional chicken nuggets. Because we bake our unbreaded bites instead of frying, they have only 1.5g total fat per serving. Here's to your good health and great taste.

Ingredients: Filtered Water, Soy Protein Concentrate, BBQ Seasoning (Raw Cane Sugar, Yeast Extract, Salt, Tomato Powder, Vinegar [Maltodextrin, White Distilled Vinegar], Dextrose, Torula Yeast, Spices, Natural Flavors Including Smoke, Onion Powder, Garlic Powder), Vital Wheat Gluten, Brown Sugar, Canola Oil, Methylcellulose, Dehydrated Onion, Yeast Extract, Caramel Color. Contains Soy and Wheat.

Preparation Guidelines:

Skillet-Stove: Heat 1 tablespoon of oil in non-stick skillet. Place frozen plant-based bite in the skillet. Cook over medium heat for approximately 3 minutes on each side.

Microwave: Place frozen plant-based bite on microwavable dish. Heat on high for approximately 20-30 seconds per piece. (Microwave times may vary).

Oven: Brush plant-based bite with oil. Place it on a baking sheet in 350°F oven for about 10 minutes. Turning once.

Deep fryer: Fry in basket 2.5 minutes until fully heated.

NOTE: Product should always be cooked to minimum internal temperature of 165°F. Keep Frozen.

Nutrition Facts

About 57 servings per container

Serving size 4 pieces (77.5g)

Amount per serving

Calories 100

% Daily Value*

Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 440mg	19%
Total Carbohydrate 11g	4%
Dietary Fiber 5g	17%
Total Sugars 4g	
Includes 4g Added Sugars	8%
Protein 15g	23%
Vitamin D 0mcg	0%
Calcium 50mg	4%
Iron 3mg	15%
Potassium 360mg	8%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

#5210BBQ
Case UPC:705723001661



Case Pack: 10 lbs.
Gross Weight: 11.25 lbs.
Item #: 5210BBQ
LxWxH: 9.5" x 14" x 5.5"
Ti/Hi: 12 x 11 (132 cases per pallet)

Serving Suggestions

BBQ Chik'n Meatless Bites are an easy plant-based snack, lunch or dinner option. Enjoy with a side of dipping sauce or add to a salad or wrap!

Vegan, low fat, no cholesterol, good source of iron and fiber & provides 15g of protein per serving!



Recipe

BBQ Chik'n Meatless Bites with BBQ Sauce

Ingredients:

1 Package of Franklin Farms BBQ Chik'n Meatless Bites, 1 Tablespoon of Olive Oil, 1/2 Cup of dipping sauce of your choice (BBQ, Ranch, Honey Mustard).

Directions:

Heat oil in a non-stick skillet over medium heat. Place frozen meatless bites in the skillet. Cook over medium heat for approximately 3 minutes on each side. Bites will become crisp and golden brown on each side.

Serve the bites with a side of dipping sauce. The plant-based bites can also be added to a salad with fresh veggies & dressing or folded into a wrap with veggies, cheese & sauce.