

Coming
Soon

Our simply delicious chik'n bites are infused with zesty Buffalo style 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, Vital Wheat Gluten, Natural Flavors (Maltodextrin, Salt, Vinegar, Tomato Powder, Spice, Yeast Extract, Onion Powder, Natural Flavors, Garlic Powder, Gum Arabic, Citric Acid, Pea Protein, Extractives of Paprika, Gum Xanthan, Sunflower oil, Triacetin), Yeast Extract, Brown Sugar, Canola Oil, Methylcellulose, Dehydrated Garlic, Spice, Dehydrated Onion, Citric acid. **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.

#5210BUF
Case UPC: 705723001678



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

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	430mg	19%
Total Carbohydrate	9g	3%
Dietary Fiber	5g	18%
Total Sugars	2g	
Includes 2g Added Sugars		3%
Protein	16g	25%
Vitamin D	0mcg	0%
Calcium	50mg	4%
Iron	3mg	15%
Potassium	380mg	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.

Serving Suggestions

Buffalo 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 16g of protein per serving!



Recipe

Buffalo Chik'n Meatless Bites with Ranch

Ingredients:

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

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.