



Seasoned Bulk Pack Seitan Cubes

Ingredients: Filtered Water, Vital Wheat Gluten, Soy Sauce (Water, Soybeans, Wheat, Salt), Defatted Soy Flour, Garbanzo Bean Flour, Garlic. **Contains:** Wheat, Soy.

Cooking Guidelines:

Seitan is precooked. Add this ingredient last since it only needs to be warmed.

SAUTÉ OR PAN FRY: Lightly oil the pan and use low heat to prevent sticking.

IN THE MICROWAVE: Heat on HIGH for about 20-30 seconds. (Microwave times may vary). Seitan Cubes can also be baked or steamed.

NOTE : Keep Refrigerated.

Nutritional Values are calculated from USDA Nutrient Database, supplier information, and/or analysis.

Nutrition Facts

About 72 servings per case

Serving size 1/3 cup (63g)

Amount per serving

Calories 60

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 350mg **15%**

Total Carbohydrate 3g **1%**

Dietary Fiber 0g **0%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

Protein 13g

Vitamin D 0mcg **0%**

Calcium 10mg **0%**

Iron 0.6mg **4%**

Potassium 40mg **0%**

*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.

UPC: 705723830117
 DOT #722838



Pack: 2/5 LB
 Gross weight: 10.53 lbs
 Item #: K508
 LxWxH: 11.0625" x 7.75" x 5.75"
 Ti/Hi: 20X6

Serving Suggestions

Seitan delivers a meaty texture without the meat! Seitan can be pan-fried in a stir-fry or even air-fried!

Enjoy in stir-fry, as a pizza topping or enjoy as seitan nuggets with your favorite dipping sauce!



Recipe

Stir-Fried Seitan Cubes

Ingredients:

Seitan Cubes, Soy Sauce, Garlic, Fresh Ginger, Lemon, Brown Sugar, Sesame Oil, Crushed Red Pepper, Olive Oil.

Directions:

Heat a large skillet over medium heat. Add 2 T of olive oil. Once oil is hot, add Seitan Cubes and sauté for 6-8 minutes until seitan cubes are crisp on the outside. Remove from heat and set aside.

In the same skillet, over medium heat, add 1 Tsp sesame oil, 2 cloves of minced garlic, 1 Tsp ginger and stir to combine. Add 1 T brown sugar followed by 1\4 Cup soy sauce, juice from 1\2 of lemon and a pinch of crushed red pepper.

Let the sauce simmer on low for about 5 minutes. Add seitan cubes back into the skillet with the sauce and let simmer for an additional 5 minutes. Serve with rice or fresh veggies. Enjoy!