



Chik'n Seitan is made from wheat protein and provides a chewy texture with savory flavor.

Ingredients: Water, Textured Wheat Protein (Wheat Gluten, Wheat Flour, Tetrasodium Pyrophosphate, Sodium Carbonate, Vitamin E), Yeast Extract, Salt, Sugar, Onion Powder, Carrot Powder, Garlic Powder, Spice and Natural Flavors. **Contains:** Wheat.

Cooking Guidelines:

Seitan is precooked and can be served hot or cold.

Pan-Fry: Lightly oil the pan and use low heat to prevent sticking. Cook for a few minutes until heated through.

Storage: Stored under refrigerated condition (typically 33 - 40 F).

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

Nutrition Facts

6 servings per container

Serving size 2 oz (57g)

Amount per serving

Calories 70

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 400mg 17%

Total Carbohydrate 3g 1%

Dietary Fiber 0g

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 14g

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.

Case UPC: 7 05723 83012 4



7 05723 83012 4

Case Pack: 12 oz/pack, 15 pks/case

Gross Weight: 12.5 lbs.

Item #: FSCC12

LxWxH: 11.375" x 12.625" x 5.25"

Ti/Hi: 12 x 8

Serving Suggestions

Chik'n Seitan is the perfect ingredient for salads, sandwiches, stir-fries & more. Simply remove from the package and serve hot or cold!

With 13g of protein per serving, you can't go wrong with the addition of Chik'n Seitan!



Recipe

Chik'n Seitan Salad

Ingredients:

1 Package of Franklin Farms Chik'n Seitan, spring mix, 1 cucumber, quartered, 1 cup of cherry tomatoes, cut in half, dressing of your choice.

Directions:

Remove Chik'n Seitan from the package and add it to the spring mix with cucumbers and cherry tomatoes. Top with your favorite salad dressing, toss and enjoy!