



**Soy based 1 oz. meatless meatball with Italian seasonings.**

**Ingredients:** Soybean flour, water, portabella mushrooms, onions, carrots, water, rice flour, green bell peppers, red bell peppers, soy protein concentrate, canola oil, natural flavors (from non-meat sources), wheat-free tamari sauce (water, organic soybeans, salt), natural sea salt, rice starch, granulated garlic, spices, cellulose gum, ascorbic acid (Vitamin C), maltodextrin, cultured dextrose. **ALLERGENS:** Contains Soy

**Cooking Guidelines:**

**Oven:** Preheat oven to 350°F. Place frozen in single layer on ungreased baking sheet and bake for 14 to 16 minutes.

**Microwave:** Arrange 4 to 6 frozen meatless meatballs on microwave safe plate. Microwave on HIGH for 2 minutes.

**Stove Top:** Add to favorite sauce. Cover and cook on medium heat for 15 to 17 minutes until hot.

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

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

#VTB  
 DOT #714424  
 UPC: 705723620015



Pack: 10 lb Case  
 Gross weight: 11.25 lbs  
 Item #: VTB  
 LxWxH: 14" x 9.5" x 5.75"  
 Ti/Hi: 12x11

## Nutrition Facts

About 53 servings per container

**Serving size 3 Pieces (85g)**

Amount per serving

**Calories 140**

% Daily Value\*

<b>Total Fat</b> 4g	<b>5%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 350mg	<b>15%</b>
<b>Total Carbohydrate</b> 18g	<b>7%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 2g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 10g	
Vitamin D 0mcg	0%
Calcium 52mg	4%
Iron 2mg	10%
Potassium 270mg	6%

\*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

Add some variety to meatball night with our plant-based Veggie Balls!

Enjoy with sauce and pasta or in a vegan meatless 'meatball' sub!



## Recipe

### Veggie Balls with Marinara & Spinach Pasta

Easy weeknight meal idea!

#### Ingredients:

Veggie Balls, Spinach Pasta, Marinara Sauce, Olive Oil, Parmesan Cheese

#### Directions:

Cook pasta according to package directions.

In a large pan over medium heat, add 2 T of olive oil and saute the veggie balls until crisp on all sides. Add marinara sauce, cover and simmer for 5-7 minutes.

To serve, add pasta to a plate or bowl and top with the sauce and veggie balls. Garnish with parmesan cheese and enjoy with a side salad!