



**Beefless 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, Soy Sauce Powder (Soy Sauce [Soybeans, Wheat, Salt], Maltodextrin, Salt), Molasses, Maltodextrin, Caramel Color, Sugar, Natural Flavors, Spice, Citric Acid. **Contains:** Wheat, Soy.

### 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.

<b>Nutrition Facts</b>	
6 servings per container	
<b>Serving size</b>	<b>2 oz (57g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>80</b>
	<small>% Daily Value*</small>
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 380mg	<b>16%</b>
<b>Total Carbohydrate</b> 4g	<b>1%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 16g	
Vitamin D 0mcg	<b>0%</b>
Calcium 10mg	<b>0%</b>
Iron 0.7mg	<b>4%</b>
Potassium 40mg	<b>0%</b>
<small>*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.</small>	

Case UPC: 7 05723 83013 1



Case Pack: 12 oz/pack, 15 pks/case  
 Gross Weight: 12.5 lbs.  
 Item #: FSBC12  
 LxWxH: 11.375" x 12.625" x 5.25"  
 Ti/Hi: 12 x 8

## Serving Suggestions

Beefless 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 Beefless Seitan!



## Recipe

### Beefless Seitan Stir-Fry

#### Ingredients:

1 Package of Franklin Farms Beefless Seitan, 1 red bell pepper, sliced, 1 yellow pepper, sliced, 1 cup of snap peas, 1 cup of purple cabbage, sliced. 1 tablespoon of olive oil, 1 teaspoon of garlic powder, onion powder, salt & pepper.

#### Directions:

In a large pan over medium heat, heat oil and add the peppers. Sauté until slightly soft and then add the snap peas and seitan. Continue to sauté for a few more minutes. Add the seasonings and sliced purple cabbage and cook for 5 more minutes. Serve with rice and enjoy!