



Vegetable protein based breakfast links made with brown rice and natural flavors.

Ingredients: Filtered Water, Textured Vegetable Protein, Brown Rice, Natural Flavors, Canola Oil, Onion, Organic Wheat Free Tamari Sauce (Water, Organic Soybeans, Salt), Brown Sugar, Soy Protein Concentrate, Potato Flakes, Cultured Dextrose (Maltodextrin, Cultured Dextrose), Methylcellulose, Sea Salt, Spices. **Allergens:** Soy

Cooking Guidelines:

Oven: Preheat oven to 400°F. Place links on a cooking sheet lightly coated with oil (if desired). Bake for 8 to 10 minutes.

Stove Top: Lightly coat a skillet with oil or cooking spray. On Medium heat, cook links for 2 to 3 minutes, turning occasionally.

Microwave: Place links on microwave-safe plate. Heat on HIGH for approximately 1 minute. (Microwave times may vary).

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.

#6112
 UPC: 705723061122



Pack: 10 lb Case
 Gross weight: 11.25 lbs.
 Item #: 6112
 LxWxH: 14" x 9.5" x 5.75"
 Ti/Hi: 12x11

Nutrition Facts

About 70 servings per case

Serving size 2 Links (64g)

Amount per serving

Calories 130

% Daily Value*

Total Fat 3.5g **5%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 450mg **19%**

Total Carbohydrate 16g **6%**

Dietary Fiber 4g **14%**

Total Sugars 4g

Includes 1g Added Sugars **3%**

Protein 10g **21%**

Vitamin D 0mcg 0%

Calcium 90mg 6%

Iron 2mg 8%

Potassium 210mg 4%

*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

Breakfast is the most important meal of the day. Make it delicious with the addition of plant-based breakfast links!

Serve with pancakes as a savory side or use in a tasty breakfast hash!

Recipe



Sunrise Hash with Breakfast Links

Ingredients:

Breakfast Links, Potatoes, Red Onions, Eggs (optional), Green Onion, Olive Oil, Salt & Pepper.

Directions:

Heat 2 tablespoons of olive oil in a pan. Add 1/3 cup of diced red onion and sauté until soft.

Add 4 diced potatoes and cook until tender. Crumble 4 breakfast links and mix together. Top with salt, pepper and green onions. Serve & enjoy!

*Optional: Add hash to a baking dish and crack 3 eggs on top and cook in the oven at 350°F until the eggs are cooked. Top with salt, pepper and green onions.