





# COOKING INSTRUCTIONS

Pan: Raw from frozen or refrigerated, cook with oil to an internal temperature of 165°F or until desired texture.

**Oven:** Preheat the oven to 350°F. Add oil or sauce to frozen or thawed Pieces. Place in oven for 10-15 minutes or until desired texture.

### SAFE HANDLING INSTRUCTIONS

This product is ready-to-cook.

PAOW! Pieces can be used right from the freezer or can be refrigerated for 5-7 days.

Cook to an internal temperature of 165°F.

KEEP FROZEN - STORE AT 0°F.

#### **Nutrition Facts** Serving size

Amount Per Serving Calories	100
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 7g	3%
Dietary Fiber 5g	18%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 17g	
Vitamin D 0mcg	0%
Calcium 122mg	10%
Iron 3mg	15%
Potassium 437mg	10%

## **INGREDIENTS**

Water, Soy Protein Concentrate, Salt.

**CONTAINS: SOY** 

#### PRODUCED IN THE USA

Manufactured by:

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For more information visit www.GetPAOW.com.







