





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! 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

45 servings per container

Serving size 1 cup (100g)

Amount Per Serving

Calories 90

Daily Value

Total Fat 0g 0%

Saturated Fat 0g 0%

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Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 45mg	2%
Total Carbohydrate 6g	2%
Dietary Fiber 5g	18%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 17g	
Vitamin D 0mcg	0%
Calcium 117mg	8%
Iron 3mg	15%
Potassium 407mg	8%
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*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.

INGREDIENTS

Water, Soy Protein Concentrate

CONTAINS: SOY

PRODUCED IN THE USA

Manufactured by:

Future Foods Enterprises, LLC 1899 North US HWY 1 — Suite 102 Ormond Beach, FL 32174

For more information visit www.GetPAOW.com.







