

# PAOW!

PEOPLE AND OUR WORLD

# PIECES



100%  
PLANT-BASED



READY-TO-COOK,  
100% DELICIOUSNESS.

ITEM # 733420  
DOT # 0735013

90  
CALORIES

19G  
PROTEIN

KSA  
KOSHER

3  
INGREDIENTS

GLUTEN  
FREE  
INGREDIENTS

## Nutrition Facts

45 servings per container	
<b>Serving size</b>	1 Cup (100g)
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>90</b>
	<small>% Daily Value*</small>
<b>Total Fat</b> 0g	0%
<b>Saturated Fat</b> 0g	0%
<b>Trans Fat</b> 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 290mg	13%
<b>Total Carbohydrate</b> 6g	2%
Dietary Fiber 6g	21%
Total Sugars 0g	
Includes 0g Added Sugars	0%
<b>Protein</b> 19g	38%
<b>Vitamin D</b> 0mcg	0%
<b>Calcium</b> 120mg	10%
<b>Iron</b> 4.6mg	25%
<b>Potassium</b> 350mg	8%

\*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 CUTS. BIG FLAVOR.

Smaller cuts let you create amazing-flavored menu offerings with less kitchen waste.

### PROTEIN PACKED.

PAOW! Pieces are frozen, ready-to-cook and 100% plant-based, packing a delicious source of protein.

### EASY VERSATILITY.

PAOW! Pieces work easily with a variety of cooking methods and contain oil to add signature flavor while saving prep time.

### INGREDIENTS

PAOW! Plant-Based Protein (water, soy protein concentrate, salt)

CONTAINS: SOY

PLANT-BASED  
PROTEIN FOR  
PEOPLE  
AND OUR  
WORLD



GETPAOW.COM



AVAILABLE AT DOT FOODS  
ORDER NOW ON THE EXPRESSWAY