Vegetable Crumbles

One of the things we have been hearing is the need for good, healthy and affordable vegetarian options. That's why we are so pleased and excited to announce our newest Menu Solution, "Vegetable Crumbles!" Gage Vegetable Crumbles are shelf stable texturized soy crumbles packaged in 1 pound bags.

(Photo: G4220 "Vegetarian Santa Fe Pasta" featuring "Vegetable Crumbles")

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Basic Recipe

A one pound bag of Gage "Vegetable Crumbles" when mixed with 3 Cups of water will hydrate to 2.5lbs of meat analogue. Gage Veggie Crumbles are SNA approved as a protein substitute and mix right in the pan.

Packaged Serving (grams): 28g
Finished Serving (Volume): 1/4 cup
Finished Serving (oz): 1oz
Recipe Yield (per bag): 40
Case Yield: 480

Meal Components Met Per Serving:
1 oz Meat

Nutrition Facts

Serving Size (28g)
Servings Per Container 40

Amount Per Serving

Calories 30	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol --mg	--%
Sodium 0mg	0%
Total Carbohydrate 4g	1%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 14g	

Vitamin A 0% • Vitamin C --%
Calcium 2% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

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Ordering Information:

Item Code: G0100
Pack Size: 12 - 1 pound bags
Servings per Case: 480

Call 800.323.0233 or visit www.gagefoods.com to place your order!