



HAVREDALS

100% PLANT-BASED

Beef Ground

MADE WITH FAVA BEANS AND OATS



MEATY TEXTURE



NO SOY



RICH IN PROTEIN



NO GLUTEN



MAKE A RICH BOLOGNESE OR SHAPE BALLS, SKEWERS OR PATTIES. **THE GROUND KEEPS ITS SHAPE WITHOUT CRUMBLING, AND GIVES A CRISPY SURFACE AND JUICE INTERIOR. MIX UP WITH YOUR FAVORITE SPICES AND HERBS. UNLEASH YOUR CREATIVITY!**

Ingredients: Water, Fava Bean Protein, Coconut Fat, Rapeseed Oil, Pea Protein, Natural Flavours, Stabilizer (Methylcellulose), Potato Protein, Potato Starch, Gluten-free Oats, Caramelized Sugar, Salt.



Roll Pack Case

SKU: 1037

NET WT: 7.2kg-15.9lbs

65 (4oz) servings per case



Brick Pack Case

SKU: 1015

NET WT: 3kg-6.6lbs

27 (4oz) servings per case

Storage

Store in the freezer. **Shelf-life in freezer:** 12 months.

Do not refreeze after thawing. **Shelf-life in refrigerator:** 3-5 days.

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Nutrition Facts

Serving size 2/3 cup 4oz (110g)

Amount per serving

Calories **248**

% Daily Value*

Total Fat 17.5g **22%**

Saturated Fat 8g **40%**

Trans Fat 0g **0%**

Cholesterol 0mg **0%**

Sodium 396mg **17%**

Total Carbohydrate 7.92g **3%**

Dietary Fiber 0g **0%**

Total Sugars <1g **0%**

Includes 0g Added Sugars

Protein 16.5g **32%**

Vit. D 0mg

• Calcium 15.07mg

Iron 2.2mg

• Potas. 72.93mg

PREPARATION

Fry:

12 minutes from frozen, stir every 3 minutes. 6 minutes from thawed.

Stir every other minute.

Optimal core temperature is 165 °F