



Group Presents Its Healthy Vegetarian/Vegan Line

# Meatballs

The Meatballs is one of the classics in our extensive product line. A tasty treat that fits well within everyday hot meal. It is also great with mashed potatoes, rice or vegetables. This Vegetarian/Vegan Meatballs is enriched with vitamins and minerals, making it an integral component of any meal. The Meatballs weight 105g. (3 by 35 g).

## Ingredients :

Textured vegetable protein, sea salt, hydrolyzed vegetable protein, black pepper oil, sunflower oil, natural smoke flavor, dried spices (garlic, onion, paprika, and black pepper), dried vegetables (tomato, bell pepper, spinach and carrot), xanthan gum, color (plain caramel / burned sugar), mineral (ferrous fumarate), vitamin B12, vitamin A, vitamin D

## Nutrition value per 100g

Energy	175kCal
Fat	1 g
Protein	19.9 g
Cholestirol	0 g
Sodium	0.3g
Carbohydrate	23 g
Sugar	1 g
Dietary Fiber	0.8g
Iron	1.3 mg
Salt	0.53 g
Vitamin A, D	Trace
Vitamin B12	ug<1 µg



## Method of preparation :

The preparation is very simple: add 50 grams of Bio Factor Meatballs dry mix to 70 ml. of water. Blend thoroughly. Allow to hydrate for 10 minutes and after roll into balls. When necessary, the raw Meatballs can be frozen and stored in the freezer for up to 6 months before cooking. Cook in pan at low heat using vegetable oil for 9-10 minutes with the lid closed, turning 4 times. Oven: 10-12 minutes at 180°C. Turn twice.

## Applications:

Main course, with vegetables, pasta, mashed potatoes or rice with sauce (tomato, creme, mushroom).



Bio Factor Group llc.

P.O. Box 61 Morganville, New Jersey 07751 USA Tel. +1-732-616-4110, E-mail: info@bio-factor.com, www.bio-factor.com