



Group Presents Its Healthy Vegetarian/Vegan Line **Mexican Tacos/ Nachos**

The Mexican Tacos/Nachos staffing 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 Mexican Tacos/ Nachos staffing weight 132g.

Ingredients :

Texture Vegetable Protein, Hydrolyzed Vegetable Protein, dried spices, onion, garlic, basil, oregano, black pepper, ground chili, red cayenne pepper, tomato powder, sea salt, dextrose, natural beet color, xanthan gum, color (plain caramel / burned sugar), mineral (ferrous fumarate), vitamin B12, vitamin A, vitamin D.

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Nutrition value per 100g

Energy	182kCal
Fat	1 g
Protein	12 g
Cholestirol	0 g
Sodium	0.6g
Carbohydrate	21 g
Sugar	0.6 g
Dietary Fiber	0.8g
Iron	1.1 mg
Salt	0.58 g
Vitamin A, D	Trace
Vitamin B12	ug<1 µg



Method of preparation :

The preparation is very simple: Add 80mls water to 52g mix, allow to hydrate 10 minutes.
Pan cooking: Add vegetable oil and cook the mixture in pan stirring for 4 minutes..

Applications:

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

