

## VEGGOFIX MEATY MINCE

### **EN Plant based alternative to minced meat**

**Ingredients:** soy and wheat proteins, oat flour, wheat semolina, onion, garlic, maltodextrin, potato starch, smoked paprika, allspice, lovage, chili, thyme, cocoa, flavor enhancer: monosodium glutamate, salt, vitamin B12.

Contains soy and gluten. Produced in a facility that processes allergens such as peanuts, tree nuts, celery, mustard, sesame, lupine, sulfites, milk, egg, and fish. Store in a cool dry place.

**Nutritional values for 100g dry blend:** Energy 347Kcal/1465KJ, Fats 3.7g of which saturated fat 1.1g, Carbohydrates 29.4g of which sugars 3.8g, Fibers 9.8g, Protein 44.1g, Salt 1.7g, Potassium 1.0g, Vitamin B12 2.5µg

**Nutritional values for 100g serving\*:** Energy 234Kcal/978KJ, Fats 8.7g of which saturated fat 1.3g, Carbohydrates 14.7g of which sugars 1.9g, Fibers 4.9g, Protein 22.1g, Salt 0.8g, Potassium 0.5g, Vitamin B12 1.25µg

\*After preparation with water and sunflower oil

**Preparation:** Mix 200g of dry blend with 250ml (1 cup) of water. Let it hydrate over 3 minutes for a firmer mince. Pour 1-2 tbsp of oil in a frying pan or in the mixture (for baking). Make shapes like with minced meat. Fry for 6-12 min at medium heat or bake for 15-20 min at 200°C. Thin shapes cook faster. Stir fried mince is done in 5 min. Cook till golden brown for best results.

**Produced in EU for VEGGOFIX FOODS SRL.**

### **SI Rastlinska alternativa mletemu mesu**

**Sestavine:** sojine in pšenične beljakovine, ovsena moka, pšenični zdrob, čebula, česen, maltodekstrin, krompirjev škrob, prekajena paprika, piment, lušček, čili, timijan, kakav, ojačevalec okusa: mononatrijev glutamat, sol, vitamin B12.

Vsebuje sojo in gluten. Proizvedeno v obratu, ki predeluje alergene, kot so arašidi, oreščki, zelena, gorčica, sezam, volčji bob, sulfiti, mleko, jajca in ribe. Hraniti na hladnem in suhem mestu.

**Hranilne vrednosti za 100g suhe mešanice:** Energija 347Kcal/1465KJ, Maščobe 3,7g od tega nasičene maščobe 1,1g, Ogljikovi hidrati 29,4g od tega sladkorji 3,8g, Vlaknine 9,8g, Beljakovine 44,1g, Sol 1,7g, Kalij 1,0g, Vitamin B12 2,5µg

**Hranilne vrednosti za 100g porcijo\*:** Energija 234Kcal/978KJ, Maščobe 8,7g od tega nasičene maščobe 1,3g, Ogljikovi hidrati 14,7g od tega sladkorji 1,9g, Vlaknine 4,9g, Beljakovine 22,1g, Sol 0,8g, Kalij 0,5g, Vitamin B12 1,25µg

\*Po pripravi z vodo in sončničnim oljem

**Priprava:** 200 g suhe mešanice zmešajte z 250 ml (1 skodelica) vode. Pustite, da se hidrira več kot 3 minute, da bo mleto bolj čvrsto. V ponev ali zmes (za peko) vlijemo 1-2 žlici olja. Oblikujte oblike kot pri mletem mesu. Cvremo 6-12 min na srednji temperaturi ali pečemo 15-20 min na 200°C. Tanke oblike se kuhajo hitreje. Prepražen mleto meso je pripravljeno v 5 minutah. Za najboljše rezultate kuhajte do zlato rjave barve.

**Proizvedeno v EU za VEGGOFIX FOODS SRL.**