



# HEAT N' EAT MEALS

Ultra-convenient, hearty meals crafted by world class chefs, featuring comfort-classic stews and chilis. Forget the hours of prepping and simmering, just throw in the microwave and enjoy! Perfect for a quick, delicious, 100% plant-based work lunch or a super fast and convenient snack.



VEGAN NO GMO'S

817 5th Ave South Suite 400 Minneapolis, MN 55404



# BOURGUIGNON

Hearty chickpea and mushroom stew with sweet potato and fried onion, slow-cooked to perfection!

**INGREDIENTS:** Water, Mushrooms, Potato, Sweet Potato, Onion, Chickpeas, Carrot, Tomato Puree, Red

Lentils, Yellow Split Peas, Garlic Puree, Corn flour, Mushroom Extract, Red Wine, Salt, Yeast Extract,

Rapeseed Oil, Leek (from concentrate), Black Pepper, White Pepper, Dried Thyme, Bay Leaf.

Nutrition Facts 1 servings per container Serving size 1 Cup (300g)

200

Daily Value

3%

3%

0%

19%

12%

25%

0%

14%

10% 0%

0%

Amount Per Serving

Saturated Fat 0.6d

Total Carbohydrate 34g

Dietary Fiber 7g

Total Sugars 4g Includes 0g Added Sugars

Calories

Total Fat 2.5g

Trans Fat 0g Cholesterol Omg

Sodium 440mg

Protein 7g

/itamin D 2mcg

Calcium 0mg

Iron Omg Potassium 0mg

**ITEM NUMBER** 60820 UPC 8-50023-69090-6 GTIN 00850035608203



TUSCAN STYLE Hite bean ster

**ITEM NUMBER** 60824 UPC 8-50023-69092-0 GTIN 00850035608241



Fragrant and filling tomato, three bean and vegetable stew, packed with flavor and slow-cooked to perfection!

tomato puree, carrot, leek, garlic puree, corn flour, sugar, salt, natural vegetable flavor, smoked paprika (color), fennel seed, red chili puree, black pepper, dried basil, dried oregano.

Nutrition I	Facts
1 servings per container	
Serving size 1	Cup (300g)
Amount Per Serving Calories	250
	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0.3g	2%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 580mg	25%
Total Carbohydrate 38g	14%
Dietary Fiber 14g	50%
Total Sugars 12g	
Includes 3g Added Sugars	s 6%
Protein 15g	30%
Vitamin D 1mcg	4%
Calcium 0mg	0%
Iron 3mg	15%
Potassium 0mg	0%
* The % Daily Value (DV) tells you how mu	ch a nutrient in a

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

The % Daily Value (DV) tells you how much a nu serving of food contributes to a daily diet. 2,000 c day is used for general nutrition advice.



# **SWEET POTATO AND 3 BEAN CHILI**

Texas inspired, heart-warming vegetable chili with rice. Great on its own or served with tortilla chips

**ITEM NUMBER** 60821 UPC 8-50023-69091-3 GTIN 00850035608210



**INGREDIENTS:** White Rice, Mushrooms, Water, Sweet Potatoes, Chickpeas, Red Kidney Beans, Black-eyed Peas, Onion, Tomato Puree, Tomato (Tomato, Tomato Juice, Citric Acid), Black Beans, Red Pepper, Corn Flour, Garlic Puree, Ginger Puree, Sugar, Spices (Cumin, Smoked Paprika (color), Paprika (color), Turmeric (color), Cayenne Pepper), Salt, Rapeseed Oil, Cocoa Powder (processed with alkali), Oregano.

#### **Nutrition Facts** 1 servings per container

Serving size	1 Cup (300g)
Amount Per Serving Calories	270
	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0.3g	2%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 670mg	29%
Total Carbohydrate 52g	19%
Dietary Fiber 9g	32%
Total Sugars 5g	
Includes 4g Added Su	gars 8%
Protein 10g	20%
Vitamin D 1mcg	4%
Calcium 0mg	0%
Iron 2.5mg	15%
Potassium 0mg	0%
*The % Daily Value (DV) tells you how serving of food contributes to a daily day is used for general nutrition advice	diet. 2,000 calories a

# PRODUCT SPECIFICATIONS

### UNIT

Height Width Depth Weight

2.67"	
4.063"	
4.06"	
10.58oz	

#### CASE

Height Width Depth Units Case Cube Weight

5.98" 9.29" 9.29" 8 0.29 6.06lb

## **PALLET**

Cases per Tier	20
# of Tiers	6
Cases per Pallet	120

WICKED

**INGREDIENTS:** Water, tomato, cannellini bean, navy beans, butter beans, onion, red lentils, red pepper,