

# Buffalo Cauliflower Bings

No cholesterol, and 50% less calories and sodium than buffalo chicken wings at the leading U.S. buffalo wing fast-food chain.

## **Nutrition Facts** Servings: 2, **Serv. size:** **1 piece (125g; 4.4oz),**

Amount per serving: **Calories 190**, **Total Fat** 11g (14% DV), **Sat. Fat** 2.5g (13% DV), *Trans Fat* 0g, **Cholest.** 0mg (0% DV), **Sodium** 440mg (19% DV), **Total Carb.** 20g (7% DV), Dietary Fiber 1g (4% DV), Total Sugars 1g (Incl. 0g Added Sugars, 0% DV), **Protein** 4g (8% DV), Vit. D (0% DV), Calcium (2% DV), Iron (6% DV), Potassium (4% DV), Vit. B12 (8% DV), Vit. C (4% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

**INGREDIENTS: FILLING:** CAULIFLOWER, TOFU (NON-GMO SOYBEANS, WATER, NATURAL CALCIUM SULFATE, MAGNESIUM CHLORIDE-NIGARI), VEGAN CREAM CHEESE (FILTERED WATER, COCONUT OIL, POTATO STARCH, SALT, GLUCONO-DELTA-LACTONE, FLAVOR [VEGAN SOURCES], OLIVE EXTRACT, VITAMIN B12), HOT SAUCE (DISTILLED VINEGAR, AGED CAYENNE RED PEPPERS, SALT, WATER, CANOLA OIL, PAPRIKA, XANTHAN GUM, NATURAL BUTTER TYPE & GARLIC), CARROTS, VEGAN MOZZARELLA SHREDS (FILTERED WATER, COCONUT OIL, FOOD STARCH-MODIFIED [POTATO & CORN], CORNSTARCH, SEA SALT, MOZZARELLA FLAVOR [VEGAN SOURCES], OLIVE EXTRACT, BETA CAROTENE [COLOR], VITAMIN B12, POWDERED CELLULOSE), SCALLIONS, SPICES. **WRAPPER:** WATER, BROWN RICE FLOUR, 80/20 OIL BLEND (CANOLA OIL, EXTRA-VIRGIN OLIVE OIL), SOYBEAN OIL, TAPIOCA STARCH (TAPIOCA), XANTHAN GUM.

**CONTAINS: SOY, COCONUT.**

**PRODUCT IS MADE IN A FACILITY THAT CONTAINS: SOY, SHELLFISH.**

Manufactured for MingsBings Inc.  
300 Oak St, Pembroke MA 02359

# Plant-based Cheesesteak Bings

No cholesterol, 45% less fat and 50% less sodium than a serving of a steak & cheese sandwich at the leading U.S. sub chain.

## Nutrition Facts

Servings: 2, **Serv. size:**  
**1 piece (125g; 4.4oz),**

Amount per serving: **Calories 230**, **Total Fat** 11g (14% DV), **Sat. Fat** 7g (35% DV), *Trans Fat* 0g, **Cholest.** 0mg (0% DV), **Sodium** 350mg (15% DV), **Total Carb.** 50g (9% DV), Dietary Fiber 2g (7% DV), Total Sugars 2g (Incl. 0g Added Sugars, 0% DV), **Protein** 9g (19% DV), Vit. D (0% DV), Calcium (10% DV), Iron (20% DV), Potassium (15% DV), Vit. B12 (8% DV), Vit. C (4% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

**INGREDIENTS:** **FILLING:** PLANT-BASED GROUND BEEF SUBSTITUTE (WATER, SOY PROTEIN CONCENTRATE, EXPELLER PRESSED CANOLA OIL, REFINED COCONUT OIL, SOY FLOUR, ISOLATED SOY PROTEIN. CONTAINS LESS THAN 2% OF: YEAST EXTRACT [NATURAL FLAVOR], METHYLCELLULOSE, CULTURED DEXTROSE, CARAMEL COLOR, NATURAL FLAVORING [MEDIUM CHAIN TRIGLYCERIDES, SODIUM PHOSPHATE, SEA SALT, GRILL AND SMOKE FLAVOR (SUNFLOWER OIL)], BEET JUICE POWDER [BEET JUICE EXTRACT, MALTODEXTRIN], RED COLOR [ANNATTO, GLYCERIN] CITRIC ACID), PLANT-BASED BEEF CRUMBLES SUBSTITUTE (WATER, SOY PROTEIN CONCENTRATE, EXPELLER PRESSED CANOLA OIL, YEAST EXTRACT [SALT], CARAMEL COLOR, WHITE DISTILLED VINEGAR, SEA SALT, SPICE FLAVORING [YEAST EXTRACT, ONION, GARLIC, GREEN CABBAGE, MUSHROOM, BLACK PEPPER, GINGER], XANTHAN GUM), CREAMY SPREAD (WATER, COCONUT OIL, POTATO STARCH, SEA SALT, GLUCOSE-DELTA-LACTONE, NATURAL FLAVOR [VEGAN SOURCES], OLIVE EXTRACT, VITAMIN B12), VEGAN MOZZARELLA SHREDS (WATER, COCONUT OIL, FOOD STARCH-MODIFIED [POTATO & CORN], CORNSTARCH, SEA SALT, NATURAL MOZZARELLA FLAVOR [VEGAN SOURCES], OLIVE EXTRACT, BETA CAROTENE [COLOR], VITAMIN B12), ONION, RED BELL PEPPER, COOKED RED QUINOA, SALT, BLACK PEPPER, SPICES. **WRAPPER:** WATER, BROWN RICE FLOUR, 80/20 OIL BLEND (CANOLA OIL, EXTRA-VIRGIN OLIVE OIL), SOYBEAN OIL, TAPIOCA STARCH (TAPIOCA), XANTHAN GUM.

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**CONTAINS: SOY, COCONUT.**

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