Rebelyous nuggets provide the same juiciness and rich flavor as chicken nuggets with all the benefits of 100% plant-based ingredients. Easy to prepare, these satisfying, protein-rich nuggets are sure to be a crowd pleaser!

- Plant-based & Delicious
  - No cholesterol
  - Protein packed
  - No antibiotics or hormones, ever
- 100% Vegan/Vegetarian
- Easy to Cook
  - Quick cooking time
  - Hassle-free preparation
Preparation

DO NOT MICROWAVE
Not microwaveable. Cook to 165° internal temperature.

KEEP FROZEN
This is a raw product. Must be kept frozen.

DEEP FRY
Preheat oil to 350° F. Place frozen nuggets in fryer basket, submerge in oil and shake. Do NOT over pack basket. Cook for 2:30.

BAKE - CONVENTIONAL OVEN
Preheat oven to 425° F. Cover a baking sheet with parchment paper. Place the frozen nuggets on the baking sheet and bake for 12 minutes or until internal temperature reaches 165° F.

BAKE - CONVECTION OVEN
Preheat oven to 425° F. Cover a baking sheet with parchment paper. Place the frozen nuggets on the baking sheet and bake for 10 minutes or until internal temperature reaches 165° F.

Packaging & Pricing

5 lb bag (10 lb box). Please contact our sales representative for current pricing.

For more information, please contact:
Kristie Middleton • Vice President, Business Development
(240) 620-3688 • kristie.middleton@rebellyous.com

Ingredients

Rehydrated Wheat Protein (Water, Wheat Protein [Wheat Gluten, Wheat Flour, Tetrasodium Pyrophosphate, Sodium Carbonate, Mixed Tocopherols [Preservative]], Wheat Blend [Wheat Protein, Soy Protein Isolate, Methylcellulose, Salt, Onions, Natural Flavor (Natural Flavor, Yeast Extract), Sunflower Oil, Sugar, Corn Starch, Celery, Carrots, Ascorbic Acid, Garlic, Rosemary Extract, Tocopherols Extract [Preservative], Black Pepper]), Breading (Enriched Wheat Flour [Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Vinegar, Vegetable Oil [Canola and/or Sunflower], Salt, Baking Soda, Yeast, Spice Extractives), Canola Oil, Cornstarch, Seasoning Blend (Salt, Natural Flavor, Spices, Onions, Ascorbic Acid, Citric Acid).

Contains: Soy, Wheat.

Nutrition Facts

About 53 servings per container
Serving size 5 pieces (85g)

- Calories: 160
  - % Daily Value:
    - Total Fat: 7g (9%)
    - Saturated Fat: 0.5g (3%)
    - Trans Fat: 0g
    - Cholesterol: 0mg (0%)
    - Sodium: 400mg (17%)
    - Total Carbohydrate: 13g (4%)
    - Dietary Fiber: 2g (7%)
    - Total Sugars: 1g
      - Includes 0g Added Sugars (0%)
    - Protein: 14g

*The % Daily Value tells you how much a nutrient in serving contributes to a daily diet. 2000 calories a day is used for general nutrition advice.