



Tenders

Rebellyous Tenders are breaded to a delicious golden brown. They're a favorite for kids and adults alike while offering all the benefits of 100% plant-based ingredients. Easy to prepare, these satisfying, protein rich tenders are a crowd pleaser whether presented with a trio of dipping sauces or served atop a bed of salad greens.

TASTES LIKE
CHICKEN

EASY TO
PREPARE

GOOD FOR
THE WHOLE FAMILY

GOOD FOR
THE WHOLE PLANET

NON-GMO

WOMAN CEO & FOUNDER

JOIN THE REBELLYION!

Kristie Middleton
VP, Business Development
(240) 620-3688
kristie.middleton@rebellyous.com





Tenders

Made from plants
210 Calories per serving
1g Saturated fat per serving
10g Protein per serving

Nutrition Facts

About 61 servings per container
Serving size **2 Tenders (74g)**

Amount per serving
Calories 170

	% Daily Value*
Total Fat 8g	10%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 410mg	18%
Total Carbohydrate 14g	5%
Dietary Fiber 6g	21%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 11g	19%
Vitamin D 0mcg	0%
Calcium 40mg	4%
Iron 1.6mg	8%
Potassium 240mg	6%

*The % Daily Value 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.

Item Number: CTFC211
Shelf Life: 15 months from production date
Storage Condition: Frozen
Storage Temperature: 0°F
Case GTIN: 00860002155876

PACKAGING DETAILS

Case
Net Weight (lbs.): 10
Dimensions (in): 11 x 9 x 8.25
Units per case: 2 – 5 lb. bags

Pallet
TI/HL: 17 x 7
Gross Weight (lbs.): 1,297.50
Cases per pallet: 119
Coding: Best By MM-DD-YY

COOKING INSTRUCTIONS

Cook from frozen. Cook tenders to at least 165°F. For best taste and texture, internal temperature should reach 200°F.

DEEP FRYING (RECOMMENDED)

Preheat fryer to 350°F. Place tenders in basket and fry for 3 minutes, 45 seconds. Let rest for 3-5 minutes before serving.

OVEN

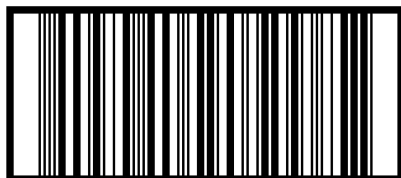
Preheat oven to 425°F.
Place frozen tender on a baking sheet in a single layer.
Bake for 7 minutes, flip and bake for 7 more minutes. Let rest 3-5 minutes before serving.

CONVECTION OVEN

Preheat oven to 425°F
Place frozen tenders on baking sheet in a single layer. Bake for 5 minutes, flip and bake for 5 more minutes. Let rest 3-5 minutes before serving.

INGREDIENTS: WATER, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), EXPELLER PRESSED CANOLA OIL, SOY PROTEIN CONCENTRATE, WHEAT FLOUR, TEXTURED WHEAT PROTEIN, MODIFIED CORN STARCH. 2% OR LESS OF: ISOLATED SOY PROTEIN, SALT, YEAST EXTRACT, METHYLCELLULOSE, GARLIC*, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA), SUNFLOWER OIL, ONION*, SPICES AND SPICE EXTRACTS, YELLOW CORN FLOUR, DEXTROSE, RICE STARCH, CANE SUGAR, VINEGAR, NATURAL FLAVOR, TORULA YEAST, CITRIC ACID, TURMERIC EXTRACT (COLOR), YEAST, PAPRIKA EXTRACT (COLOR). *DRIED

CONTAINS: SOY, WHEAT.
NON-GMO INGREDIENTS



00860002155876