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## TVP® (TEXTURED VEGETABLE PROTEIN)

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SKU 1545C104

Case (4 - 10 oz Bags)

Weight 3.00 lbs

Price: **\$10.69**

Quantity

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Textured Vegetable Protein is a highly nutritious soy product. It is incredibly wealthy in complete protein and contains no fat, so it is an excellent alternative to meat. TVP® is made from defatted soy flour that has been cooked under pressure and then dried. TVP® is naturally gluten-free and is handled and packaged in our separated, dedicated gluten-free facility. It is routinely tested for cross contamination using R5 ELISA testing protocol to ensure its gluten-free status.

Although TVP® doesn't add much flavor, it's low in fat and calories, contains a wealth of complete soy protein and it's a good source of dietary fiber. Soy contains complete protein with all the amino acids essential to human nutrition, which must be supplied in the diet because they cannot be synthesized by the human body. It is also a good source of iron, magnesium and phosphorus.

Use TVP® as an extender in meat or protein patties and meatloaf, stews and soups. It works great as a protein additive for health bars, salads, cereals, baked potatoes and stuffing. It is very easy to prepare and takes on the flavor of whatever recipe to which it is added, making it an incredibly versatile addition to a wide variety of dishes. Adding TVP® to your favorite cooked dishes is a tasty and simple way to take advantage of soy's bountiful nutrition. Don't forget to try our delicious Country Chili recipe on the back of the package!

TVP® is a registered trademark of Archer-Daniels-Midland Co.



[Nutritional Information](#)

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Nutrient Facts	Amount Per Serving	% Daily Value
Serving Size: 1/4 cup (24g) Servings Per Container: 11.00		
<b>Calories</b>	80.00	
<b>Calories from Fat</b>	0.00	
<b>Total Fat</b>	0.00 g	0 %
Saturated Fat	0.00 g	0 %
Trans Fat	0 g	0 %
<b>Cholesterol</b>	0.00 mg	0 %
<b>Sodium</b>	2.00 mg	0 %
<b>Total Carbohydrate</b>	7.00 g	2 %
Dietary Fiber	4.00 g	16 %
Sugars	3.00 g	N/A
<b>Protein</b>	12.00 g	24 %



**Vitamin C** 0.00 %  
**Calcium** 8.00 %  
**Iron** 15.00 %

\* Percent Daily Values (DV) are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

**Ingredients:**  
 soy flour

\*Manufactured in a facility that also uses tree nuts and soy.



GF Pizza Crust Mix



GF Biscuit Mix



GF All Purpose Baking Flour



Xanthan Gum



Hulled Hemp Seed



Soy Grits (Defatted)



Potato Flour



Vital Wheat Gluten



Golden Masa Harina Corn Flour

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