



# Meatless GroundPro<sup>TM</sup> Crumbles

The deliciously  
easy swap for  
ground meat



Vegan      Good Source  
Fiber &  
Protein      Soy Free,  
Nut Free,  
Gluten Free      Non  
GMO\*

12 Month Shelf Life



FirstProteins.com

\* Made with  
non-GMO  
ingredients





# Meatless GroundPro<sup>TM</sup> Crumbles

12 Month Shelf Life

**Vegan**

**Non  
GMO**

**Soy  
Free**

**Nut  
Free**

**Kosher**

**GF  
Free**



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## Nutrition Information

| USDA Meat/Meat Alternate  | 1/4 Cup (1 Serving) | 1/2 Cup (2 Servings) |
|---------------------------|---------------------|----------------------|
| Contribution Equivalent   | 21.54g              | 43.08g               |
| Calories                  | 90                  | 180                  |
| <b>Total Fat</b>          | 3g                  | 6g                   |
| Saturated Fat             | 0g                  | 0g                   |
| Trans Fat                 | 0g                  | 0g                   |
| <b>Cholesterol</b>        | 0mg                 | 0mg                  |
| <b>Sodium</b>             | 160mg               | 320mg                |
| <b>Total Carbohydrate</b> | 11g                 | 22g                  |
| Dietary Fiber             | 3g                  | 6g                   |
| Total Sugars              | 0g                  | 0g                   |
| Incl. 0 Added Sugars      | 0g                  | 0g                   |
| <b>Protein</b>            | 5g                  | 10g                  |
| Vitamin D                 | 0mcg                | 0mcg                 |
| Calcium                   | 40mg                | 80mg                 |
| Iron                      | 1mg                 | 2mg                  |
| Potassium                 | 170mg               | 340mg                |

\*Calculated using laboratory testing and FDA Nutrition Facts rounding rules.

**Ingredients:** Lentils, sunflower oil, yeast extract, garlic, onion, salt, paprika, spices

| GroundPro<br>Crumbles | Case Size    | Weight   | CaseDimension             | T1 H1  |
|-----------------------|--------------|----------|---------------------------|--------|
|                       | 8 bags /case | 22.8 lbs | 11.25" x 15.125" x 7.5"ID | 10 x 5 |

Case UPC 4 - 2 1 9 9 2 - 6 4 0 9 9 - 5