# Quorn



# DELICIOUS, SUSTAINABLE VEGAN AND VEGETARIAN OPTIONS











## **SUSTAINABLY SOURCED** MEAT-FREE PROTEIN

It makes excellent business sense to offer delicious vegan and vegetarian options on the menu. With over 15 million Americans regularly practicing vegan and vegetarian diets, Quorn makes is delicious with variety, easy-to-prepare, and non-GMO products that are packed with protein and fiber.







## **KEY BENEFITS:**

- Soy-Free
- Non-GMO
- High in Protein
- Low Saturated Fats
- Low Cholesterol



## THE QUORN SUSTAINABILITY STORY



More than 50% of our products proudly achieve the Carbon Footprint Trust.



to produce 10 lbs. of chicken. It takes just 960 gallons of water to produce 10 lbs, of mycoprotein. A water savings of more than 35 gallons for every 3-oz. serving. 44444444





It takes 2800 gallons of water

# THE TASTE AND TEXTURE CUSTOMERS EXPECT!

It makes excellent business sense to offer delicious vegan and vegetarian options on the menu. With over 15 million Americans regularly practicing vegan and vegetarian diets, Quorn makes it wasy with variety, easy-to-prepare, and non-GMO products that are packed with protein.

Product	Item Number	DOT Number	Size	Case Pack	Case Weight
Boneless Vegetarian ChiQin Pieces	A02998	713715	12 oz. bags	(12) bags	9 lbs.
Boneless Vegetarian Wings	A04264	707747	1 wing = 37.5g	(2) 4 lb. bags	9 lbs.
Meatless Grounds	A04420	772148	12 oz. bags	(12) bags	9.5 lbs.
Meatless Fillets	A04502	746582	9.7 oz	(12) bags	8.5 lbs.
Meatless Patties	A03359	772149	10.6 oz.	(12) bags	9.3 lbs.
Meatless Nuggets	A04433	772150	10.6 oz.	(12) bags	9.3 lbs.
Meatless Homestyle ChiQin Cutlets	A04608	772151	9.2 oz.	(8) bags	5.4 lbs.
Meatless Kickin' ChiQin Cutlets	A04629	772152	9.2 oz.	(8) bags	5.4 lbs.
Meatless Kickin' Wings	A04655	772134	10.2 oz.	(8) bags	6.2 lbs.
Meatless Roast	A04510	772133	16 oz.	12 roasts	12.9 lbs.
Meatless Nuggets (value pack)	A04434	773050	32 oz.	(8) bags	17.6 lbs.







## PRODUCT NUTRITIONAL INFORMATION

#### Meatless Kickin' Wings

MITTLY MOVICE:

'Mycoprotein: Mycoprotein is a
mold (member of the fungi family).
There have been rare cases of
allergic reactions to products that
contain mycoprotein.

#### Nutrition **Facts**

about 3 servings per container Serving size 3 Wings (122g)

<u>Calories</u>	230
	% Daily Value
Total Fat 10g	13%
Saturated Fat 2n	89

Saturated Fat 2g	8%
Trans Fat 0g	
Cholesterol Omg	0%
Sodium 360mg	16%
Total Carbohydrate 25g	9%
Dietary Fiber 8g	29%
Total Sugars 3g	

Includes 1g A	idded Sugars 2%
Protein 11g	22%
Vit. D 0mcg 0% •	Calcium 114mg 8%

ron 1mg 2% • Potas. 120mg 2%

INGREDIENTS: 'Mycoprotein (45%), Wheat Flour, Canola Oil, Egg White, Yeast Extract, Wheat Protein Isolate, Contains 2% or less of Corn Starch, Spices, Rice Flour, Leavening (Sodium Acid Pyrophosphate, Baking Soda), Whole Wheat Flour, Onion

Yeast, Paprika Extract (color), Xanthan Gum, Calcium Chloride, Calcium Acetate, Natural Flavor.

Contains Wheat, Egg. Distributed by Quom Foods Inc., 213 W Institute Place, Suite 500, Chicago, IL 60610. MADE IN THE USA WITH DOMESTIC AND INTERNATIONALLY SOURCED INGREDIENTS

STORAGE INSTRUCTIONS: Keep frozen. Do not refreeze once thawed. After cooking, Quorn Meatless Wings will keep up to 24 hours in the refrigerator.
Best if used by: see side of pack.
Quorn® and the Quorn™

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ALLERGY ADVICE: †Mycoprotein: Mycoprotein is a mold (member of the fungi family). There have been rare cases of allergic reactions to products that contain mycoprotein.

### **Nutrition Facts**

4 servings per container

Serving size 1 Fillet (69g)

Calories

Calories	<u>60</u>
% Da	aily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 190mg	8%
Total Carbohydrate 6g	2%
Dietary Fiber 5g	18%
Total Sugars <1g	

Fioteni sy	10/
Vit. D 0mcg 0% •	Calcium 108mg 89
Iron 0mg 0% •	Potas. 74mg 29

Includes <1g Added Sugars 0%

\*The % Daily Value (DV) 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.

INGREDIENTS: †Mycoprotein (86%), Egg White, Yeast Extract. Contains 2% or less of Calcium Chloride, Calcium Acetate, Onion Powder, Sage, Sugar.

#### **Contains Egg**

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#### **Meatless Patties**

Allergy Advice: †Mycoprotein: Mycoprotein is a mold (member of the fungi family). There have been rare cases of allergic reactions to products that contain Mycoprotein.

## Nutrition Facts

4 servings per container Serving size 1 Patty (75g)

Calories 1	6
% Da	aily Value
Total Fat 6g	89
Saturated Fat 0.5g	39
Trans Fat 0g	
Cholesterol 0mg	09
Sodium 300mg	139
Total Carbohydrate 17g	69
Dietary Fiber 3g	119
Total Sugars <1g	
Includes <1g Added Su	gars 19
Protein 9a	189

Vit. D 0mcg 0% • Iron 0mg 0% •	Calcium 30mg 2%
Iron 0mg 0% •	Potas. 0mg 0%
non ong o	1 otas, origio

\* The % Daily Value (DV) 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.

INGREDIENTS: †Mycoprotein (62%). Wheat Flour, Canola Oil, Water, Contains 2% or less of Wheat
Starch, Rehydrated Egg White,
Yeast Extract, Wheat Gluten,
Milk Protein Isolate, Salt, Milk Protein Isolate, Salt, Dextrin, Modified Corn Starch, Calcium Acetate, Calcium Chloride, Dextrose, Turbinado Sugar, Black Pepper, Yeast, Onion Powder, Guar Gum, Sage, Sugar. Contains Egg, Milk & Wheat. Contains Legs, MIIK & Winear.
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#### Meatless Homestyle ChiQin Cutlets

Allergy Advice: 'Mycoprotein: Mycoprotein is a mold (member of the fungi family). There have been rare cases of allergic reactions to products that contain mycoprotein.

#### Nutrition Facts

2 servings per container Serving size 1 Cutlet (130g)

240

Calories

	% Daily Value
Total Fat 12g	15%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 570mg	25%
Total Carbohydrate	23g <b>8%</b>
Dietary Fiber 6g	21%
Total Sugars 4g	
Includes <1g Adde	d Sugars 1%
B	200/

Vit. D 0mcg 0% • Calcium 190mg 15% Iron 0ma 0% • Potas, 170ma 4% "The % Daily Value (DV) 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.

Water, Egg White, Wheat Flour (Wheat Flour, Calcium Carbonate, Niacin, Iron, Thiamine), Sunflower Oil, Canola Oil, Contains 2% or less of: Yeast Extract, Wheat Protein, Corn Starch, Wheat Gluten, Pea Fiber, Wheat Flour, Potato Dextrin, Salt, Onion Powder, Leavening (Diphosphates, Baking Soda, Ammonium Carbonate), Calcium Chloride, Calcium Acetate, Pectin, Garlic Powder, Spices, Sugar, Dextrose, Smoked Paprika, Yeast, Spice Extracts (Black Pepper, Marjoram, Thyme), Color (Paprika Extract).

Contains Wheat, Egg

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#### **Meatless** Kickin' ChiQin Cutlets

Altergy Advices
'Mycoprotein: Mycoprotein is a
mold (member of the fungi family).
There have been rare cases of
allergic reactions to products that
contain mycoprotein.

#### Nutrition **Facts**

2 servings per container Serving size 1 Cutlet (130g)

<u>Calories</u>	240
	% Daily Value
Total Fat 11g	14%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 600mg	26%
Total Carbohydrate	23g <b>8</b> %

<b>holesterol</b> Omg	0%
odium 600mg	26%
otal Carbohydrate 23g	8%
Dietary Fiber 5g	18%
Total Sugars 5g	
Includes 0a Added Sua	ars 0%

Protein 15g 16% Vit. D 0mcg 0% • Calcium 250mg 20% Iron 0mg 0% • Potas, 400mg 10%

\*The % Daily Value (DV) tells you how much a nutrien in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. INGREDIENTS: Mycoprotein (42%),

Egg Whites, Wheat Flour (Wheat Flour, Calcium Carbonate, Niacin, Iron, Thiamine), Water, Sunflower Oil, Canola Oil, Contains 2% or less of: Yeast Extract, Wheat Protein, Wheat Gluten, Corn Starch, Potato Dextrin, Pea Fiber, Wheat Flour, Spices, Leavening (Diphosphates, Baking Soda, Ammonium Carbonates), Salt, Calcium Chloride, Calcium Acetate, Pectin, Onion Powder, Garlic Powder, Sugar, Dextrose, Dried Red Bell Pepper Paprika Extract (Color), Spice Extracts (Black Pepper, Capsicum).

Contains Egg, Wheat. Distributed by Quorn Foods Inc., 213 W Institute Place, Suite 500, Chicago, IL 60610. PRODUCT OF THE UNITED KINGDOM

#### **Meatless Nuggets**

Calories

Trans Fat 0

Total Sugars 2 Includes 2g

Total Carbohydrate 410

**Nutrition Facts** 

Serving Size 5 Nuggets (118g)

270

INGREDIENTS:
'Mycoprotein (47%), Wheat
'Hycoprotein (47%), Wheat
Flour, Water, Wheat Starch,
Canola Oil, Contains 2% Or Less
Of: Potato Dextrin, Yeast
Extract, Wheat Gluten, Salt,
Egg White, Dextrose, Turbinado
Sugar, Modified Coar Services

Sugar, Modified Corn Starch, Spice, **Milk Proteins**, Calcium Acetate, Calcium Chloride, Yeast, Guar Gum, Onion Powder, Sugar. Contains: Egg, Milk & Wheat.

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INTERNATIONALLY
SOURCED INGREDIENTS

STORAGE INSTRUCTIONS: Keep frozen. Do not refreeze once thawed

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#### **Meatless Grounds**

INGREDIENTS:
'Mycoprotein (88%),
Egg White. Contains 2%
or less Pea Fiber,
Caramelized Sugar (color)
Roasted Barley Malt
Extract, Calcium Acetate,
Calcium Chloride. ALLERGY ADVICE: 'Mycoprotein: Mycoprotein is a mold (member of the fungi family). There have been rare cases of allergic reactions to products that contain Mycoprotein. **Nutrition Facts** Calcium Chloride.
Contains Egg.
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Quom Foods Inc.,
213 W Institute
Place, Suite 500,
Chicago, IL 60610.
PRODUCT OF THE
UNITED KINGDOM About 3 servings per container

Serving size 1 cup (110g) Calories Total Fat 2

UNITED KINGDOM
STORAGE
INSTRUCTIONS.
Keep frazen. Do not
refreeze once thawed.
After cooking. Quorn<sup>M</sup>
Meatless Grounds will
keep up to 3 days in the
refrigerator.
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Quorn Fonds Inc.



WE THINK IT IS GREAT. BUT IF YOU'RE NOT TOTALLY HAPPY



Cholesterol Oma

Dietary Fiber 8g

Total Sugars 0g

Fotal Carbohydrate 10g



100

39

0%

29%

#### **Meatless Roast**

LERGY ADVICE: 'Mycoprotein: Mycoprotein is a mold (member of the fungi family). There have been rare cases of allergic reactions to products that contain mycoprotein.

Nutrition	Amount/serving	% DV	Amount/serving	% D
Facts	Total Fat 7g	9%	Total Carb. 7g	39
4 servings per	Sat. Fat 0.5g	3%	Dietary Fiber 7g	25%
container	Trans Fat 0g		Total Sugars <1g	
Serving size	Cholesterol 9mg	3%	Incl. <1g Added Sugars	09
1/4 Roast (113.5g)	Sodium 460mg	20%	Protein 15g	309
Calories 140	Vitamin D 0mcg 0% • Calciu	m 200mg 15	i% • Iron 0mg 0% • Potassium 15	0mg 4
* The % Deily Vehia (DIA) falls you how	much a nutrigent in a convince of food contrib	urtae to a daily dis	at 2 000 calorine a day is used for general outs	ition adu

INGREDIENTS: †Mycoprotein (60%), Egg White, Onion, Milk Proteins, Canola Oil, Yeast Extract. Contains 2% or less of Calcium Chloride, Calcium Acetate, Natural Flavor, Onion Powder, Sage, Potato Maltodextrin, Sugar, Salt, Tapioca Dextrin.

Contains Egg & Milk.

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> STORAGE INSTRUCTIONS: Keep Frozen. Do not refreeze once thawed. Meatless roast will keep for 48 hours in the refrigerator.

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#### **Boneless Boneless** Vegetarian Vegetarian Wings ChiQin Pieces

Nutrition Facts 17 servings per container Serving size 4 Wings (118g)		Nutrition Facts About 3 servings per container Serving size 1 cup (110g	
Amount Per Serving Calories	200	Amount per serving Calories 1	30
	Daily Value*		ily Value
Total Fat 9g	12%	Total Fat 3g	5%
Saturated Fat 1g	5%	Saturated Fat 1g	5%
Trans Fat 0g		Trans Fat 0g	
Cholesterol 0mg	0%	Cholesterol 0mg	0%
Sodium 470mg	20%	Sodium 200mg	8%
Total Carbohydrate 16g	6%	Total Carbohydrate 11g	49
Dietary Fiber 6g	21%	Dietary Fiber 6q	21%
Total Sugars 3g			21%
Includes 1g Added Sugars	2%	Total Sugars <1g	
Protein 14g	28%	Includes <1g Added Sugars	0%
Not a significant source of vitamin D, calcium, iron potassium	, and	Protein 17g	34%

