

shrimpish[®] crumbles



Shrimpish[®] Crumbles are plant-based fueled, omega-3 packed, and with no cholesterol they're the perfect way to add flavor without sacrificing on nutrition. Season, fill, top and swap for any of your favorite dishes!

- 100% plant-based, Vegan ingredients
- Supports healthy lifestyles
- Ideal for filling, topping and seasoning
- 60 Calories, 1g protein & 2g fat per 3 oz serving
- Cholesterol-free
- Good source of dietary fiber
- 300 mg omega-3 fatty acids per serving
- A great value-add ingredient for premium menu items
- 15-month frozen shelf life
- Non-GMO, Certified Gluten-Free
- Made with organic ingredients

Recipe Suggestions



Shrimpish[®]
Crumbles
Street Tacos



Korean Style
Shrimpish[®]
Crumbles
Dumplings



Nutrition Facts	
About 8 servings per container	
Serving size	3 oz (85g)
Amount Per Serving	Calories 60
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 350mg	15%
Total Carbohydrate 11g	4%
Dietary Fiber 4g	14%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 60mg	4%
Iron 0.3mg	2%
Potassium 0mg	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: WATER, COCONUT, VEGETABLE GLYCERIN, KONJAC FLOUR, TAPIOCA STARCH, SEA SALT, NATURAL FLAVOR, DHA ALGAL OIL, SOY PROTEIN, SLAKED LIME, BETA CAROTENE COLOR

CONTAINS: SOY, COCONUT

DISTRIBUTED BY
THE ISH FOOD COMPANY
ROCKLAND, DE 19732

MANUFACTURED IN A FACILITY THAT ALSO
PROCESSES: WHEAT, CASHEW

Unit Size: 4 x 1.5 lbs. bags

Unit Dimensions: 9" x 12"

Case Dimensions: 14.25"L x 10.25"W x 6.50"H

Case Net Weight: 6.0 lbs.

Case Gross Weight: 6.7 lbs.

Code: 59003

Case Cube: .583 ft

TixHi: 11x6

Cases/Pallet: 66

Pallet Weight: 482.2 lbs.

Shelf Life (FZ): 15 months

Contact:

sales@ishfood.com

(800) 837-5419

THE
ish
FOOD COMPANY_{LLC}



Manufactured in the USA

shrimpish. crumbles street tacos

Toppings you can be as creative as you like... sour cream, avocado, iceberg lettuce, salsa, queso, or switch in lettuce wraps for your keto taco party. And there are many more great additions for easy fun homemade entrees, stews, soups, salad, wraps and more.



Ingredients:

1 lb.	Shrimpish® Crumbles
1 tbs.	Olive Oil
½ tsp.	Garlic Powder
½ tsp.	Onion Powder
½ tsp.	Smoked Paprika
½ tsp.	Ground Cumin
½ tsp.	Chili Powder
½ tsp.	Kosher Salt
½ tsp.	Black Pepper
½ tsp.	Mexican Oregano
8-10 ct.	Medium Flour Tortillas
16-20 ct.	Small Corn Tortillas

Instructions:

Keep Shrimpish® Crumbles frozen until use. Thaw overnight in the refrigerator before use.

- Mix spices in a bag with the Shrimpish® Crumbles , vacuum seal for 24 hours.
- Heat a large skillet, add olive oil, followed by the Shrimpish® Crumbles. Pour contents from the bag away from you to avoid hot oil splatters.
- Cook over medium heat, don't be afraid to achieve caramelization on the Shrimpish® Crumbles. Toss for about five minutes over high heat.
- Assembled as desired.