Nuggets
Made With Plants

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For chicken nugget lovers looking for a meat alternative, Raised & Rooted™ Nuggets Made With Plants are a crispy, golden tempura-battered plant-based solution. These soy-free pea protein nuggets deliver a satisfying crunch when biting into the meat-like interior that offers a mouthwatering texture which customers are familiar with, yet they are made entirely with plant-based ingredients.

**Features and Benefits**
- Soy-free, plant-based nugget that truly mimics the texture of meat
- Can be used to augment nugget offerings to appeal to vegetarians and customers looking to reduce their intake of animal-based proteins
- Convenient; ready-to-prepare from freezer to fryer, oven or microwave
- Breading has a light, crispy crunch that leaves less mess on fingers compared to traditional breading
- 51% of meat consumers try to limit the amount of animal-based protein in their diet¹
- 70% of meat eaters are substituting a non-meat protein in a meal at least once a week²
- 44% of consumers would like more restaurants to offer protein substitutes for meat, poultry and seafood³

**Menu Ideas**
- **Vegetarian Buffalo-Style Nugget Wrap:** Plant-based pea protein nuggets tossed in buffalo sauce with chopped celery, shredded carrots, shredded romaine lettuce and blue cheese dressing served in a lavash wrap*
- **Crispy Plant-Based Nugget, Avocado & Kale Salad:** Crispy meatless pea protein nuggets with chopped kale & romaine lettuce, halved cherry tomatoes, diced avocado, fresh strawberries, sliced red onion and sliced almonds in a spicy horseradish-honey mustard dressing*
- **Plant-Based Nugget Basket:** Meatless pea protein nuggets served with hand-cut fries, yogurt-based ranch dressing and ketchup*
- **Vegetarian Nugget Lettuce Wraps:** Crispy tempura-battered plant-based pea protein nuggets, diced avocado, sliced mango, julienné red bell pepper and scallions atop butter lettuce leaves served with sweet ponzu glaze*

**Preparation & Handling**
- **Oven:** Preheat oven to 400°F. Put the nuggets on a greased cookie sheet and bake for 12-15 minutes.
- **Microwave:** Put four nuggets on a microwave-safe plate. Cook for 60 seconds in a 1000-watt microwave.
- **Fryer:** Preheat fryer to 350°F. Deep fry nuggets for 2 minutes.

**Sources:**
1 Environmental Nutrition, Sept. 2018
2 Technomic Alternative Protein Study, 2018

**Ingredients**
SEASONED PLANT PROTEIN PORTION: VEGAN FIBERS (WATER, PEA PROTEIN ISOLATE, CANOLA OIL, SODIUM ALGINATE, CITRUS FIBER, CALCIUM CHLORIDE), BAMBOO FIBER, DRIED EGG WHITE SOLIDS, SEASONING (SALT, MALTODEXTRIN (FROM CORN), NATURAL FLAVOR, YEAST EXTRACT, CITRIC ACID, ONION POWDER, TORULA YEAST), WATER, FLAXSEED.

BREADED WITH: WATER, WHEAT FLOUR, YELLOW CORN FLOUR, FOOD STARCH, SALT, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE), SPICES, NATURAL FLAVOR. BREADING SET IN VEGETABLE OIL (INCLUDING SOYBEAN OIL). CONTAINS: EGG, WHEAT, MAY CONTAIN: MILK

**SUPC Pack/Size Brand Description**
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