

# SWAP<sup>TM</sup> CHICKEN



## A new kind of chicken

Meet the crispy, juicy whole muscle filet, made from plants.

19g protein • Just 8 ingredients

# Why **SWAP**<sup>TM</sup> CHICKEN ?



## Delicious taste & texture

Thick, whole muscle filets deliver the meat-eating experience, from plants.

## Clean label, plant protein

19g of protein and only 8 recognizable ingredients.



## Replace chicken in any recipe

Versatile and easy to prepare. Bread it, slice it, cube it. Serve it warm or cold.



NO methylcellulose | NO texturizers | NO artificial flavors or colorants | NO controversial additives  
NO antibiotics or hormones | NO GMOs | NO gluten added | NO cholesterol



### Defrost

- Place in fridge 24 hours to defrost.



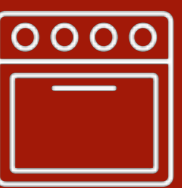
### Pan-fry

- Heat 1-2 tbsp of oil (preferably sunflower oil) in a pan over medium high heat.
- Season SWAP filet, cook 4 minutes each side until golden brown.



### Air Fryer

- Season SWAP filet with favorite spices.
- Place SWAP filet in Air Fryer basket.
- Cook filet 8-10 minutes or until golden brown.



### Oven

- Preheat oven to 350°F and season SWAP filet with spices and oil.
- Place SWAP filet on a baking sheet and bake 12-14 minutes or until golden brown.



### Breaded

- Dip SWAP filet in mixture of your choice (eg flour, egg, breadcrumbs).
- Preheat 1-2 tbsp cooking oil in a deep fryer at 375°F then fry filet 4 minutes on each side.



### Grill

- Preheat BBQ/grill. Season thawed SWAP filet with spices and oil.
- Grill 3-4 minutes each side until you see desired grill marks.



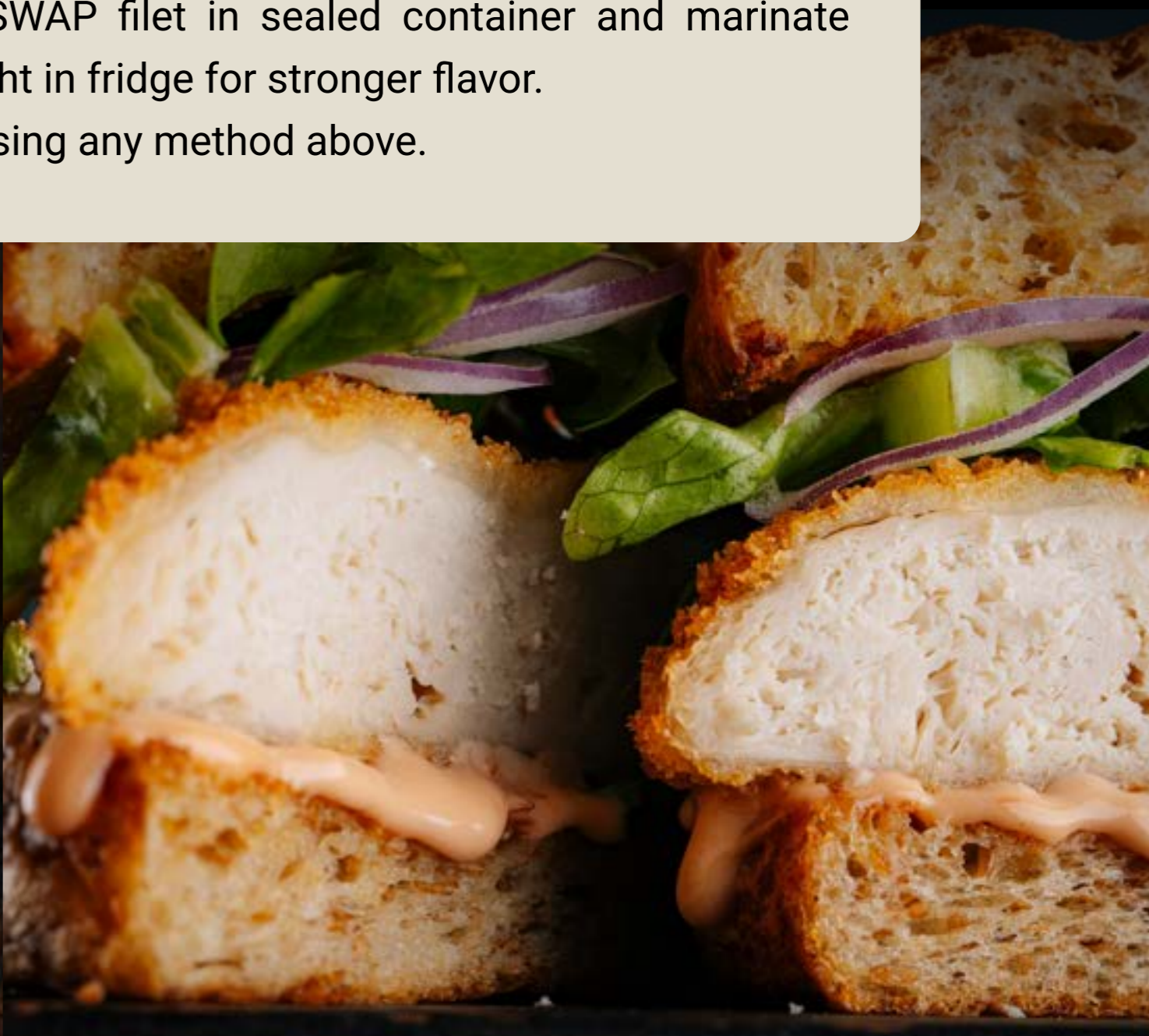
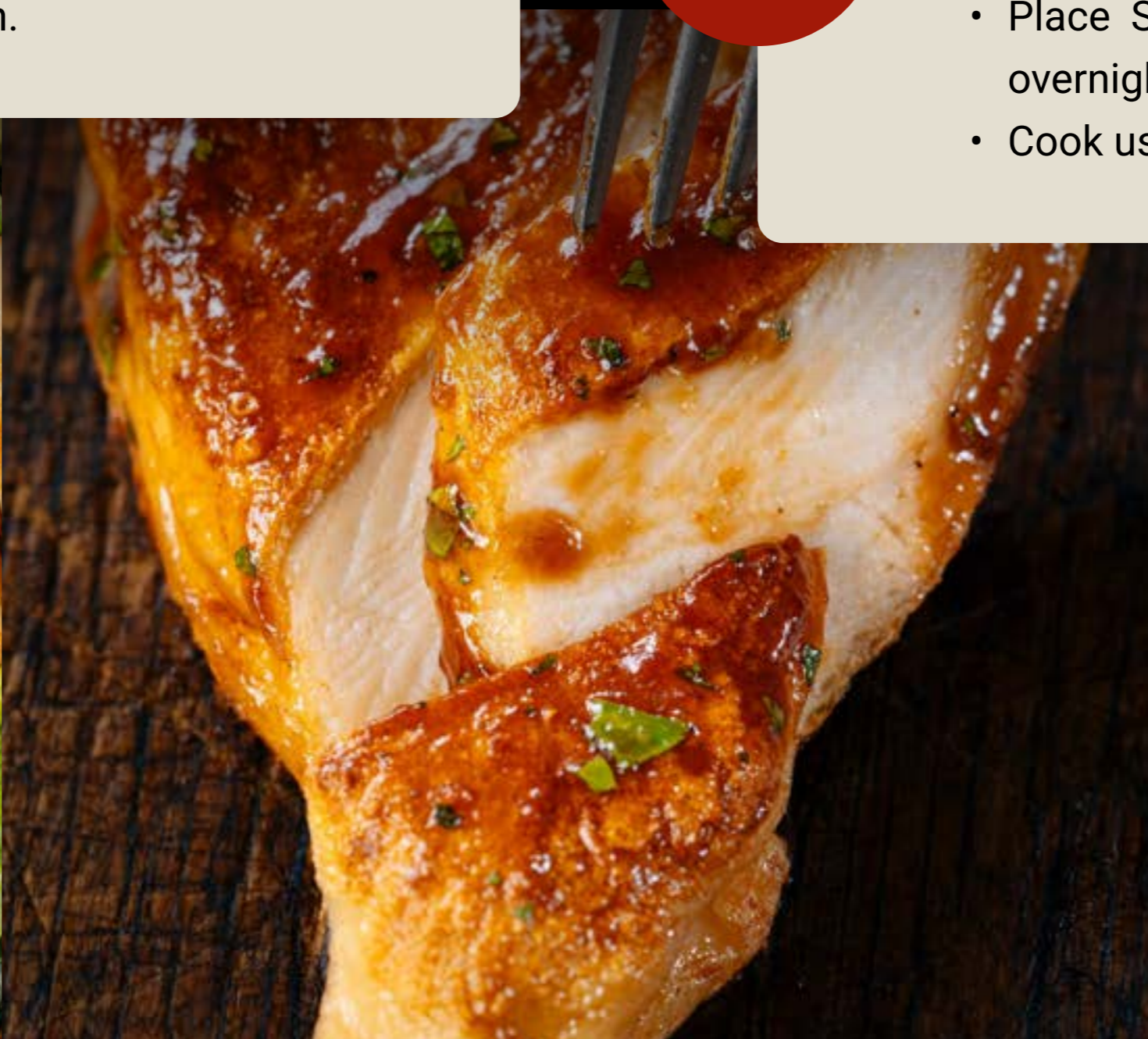
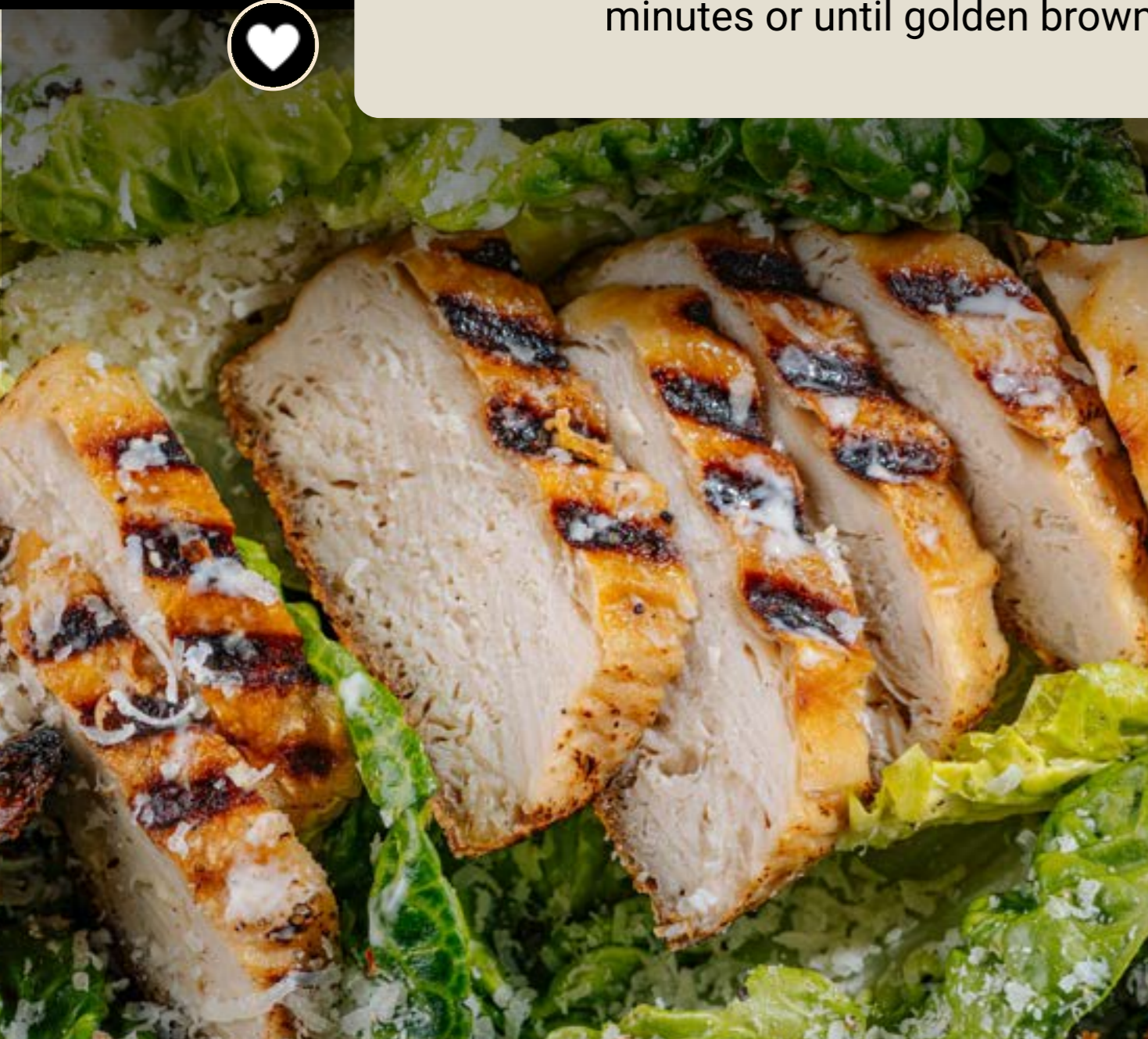
### Merry chef

- Season SWAP filet with your favorite spices.
- Place the filet on a baking tray and cook it in the MerryChef for 1m45s at 480°F, with 100% fan speed and 30% microwave power.





### Marinade

- Apply desired marinade (spices with oil).
- Place SWAP filet in sealed container and marinate overnight in fridge for stronger flavor.
- Cook using any method above.



# The first true replacement for chicken!

SWAP's whole muscle, meaty texture closely mimics the meat-eating experience.

	Typical PB Alternative	SWAP Chicken
		
Aligned fibers	x	✓
Thick, whole muscle form	x	✓
Product juiciness	x	✓
Flavor at the core	x	✓
Clean label	x	✓
# of ingredients	20+	8

Case Specifications	
Product Article Number	3DD012
Country / Region	USA
Number of pieces / bag	20
Bag Net Weight	4.0 lb
Number of bags / carton	2
Carton net Weight	7.9 lb
Carton External Dimensions	4.7 x 11.7 x 15.6 inch

Shelf Life & Storing Conditions
Products are sold frozen and must be stored at 0°F.
Best before 12 months from packing.
Pasteurized for reduced food safety risk

Ingredients
<div style="display: flex; flex-wrap: wrap; justify-content: space-around;"> <div style="border: 1px solid gray; border-radius: 15px; padding: 5px; margin: 5px;">Water</div> <div style="border: 1px solid gray; border-radius: 15px; padding: 5px; margin: 5px;">Soy Protein Isolate</div> <div style="border: 1px solid gray; border-radius: 15px; padding: 5px; margin: 5px;">Sunflower oil</div> </div> <div style="display: flex; flex-wrap: wrap; justify-content: space-around; margin-top: 10px;"> <div style="border: 1px solid gray; border-radius: 15px; padding: 5px; margin: 5px;">Natural Flavorings</div> <div style="border: 1px solid gray; border-radius: 15px; padding: 5px; margin: 5px;">Yeast Extract</div> </div> <div style="display: flex; flex-wrap: wrap; justify-content: space-around; margin-top: 10px;"> <div style="border: 1px solid gray; border-radius: 15px; padding: 5px; margin: 5px;">Pea Protein Flour</div> <div style="border: 1px solid gray; border-radius: 15px; padding: 5px; margin: 5px;">Citric Acid</div> <div style="border: 1px solid gray; border-radius: 15px; padding: 5px; margin: 5px;">Salt</div> </div>

Nutrition Facts	
40 servings per container	
<b>Serving size</b>	<b>(90g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>150</b>
<i>% Daily Value*</i>	
<b>Total Fat 8g</b>	<b>10%</b>
Saturated Fat 1g	4%
<i>Trans</i> Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 280mg</b>	<b>12%</b>
<b>Total Carbohydrate 1g</b>	<b>0%</b>
Dietary Fiber 2g	8%
Total Sugars 0g	
Includes 0g Added Sugars	0%
<b>Protein 19g</b>	<b>38%</b>
Vitamin D 0mcg	0%
Calcium 22mg	2%
Iron 2mg	13%
Potassium 67mg	1%
*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.	

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