

fable



# Fable Plant Based Meaty Pulled Mushrooms

**Product code (unit size):** FB001 (1kg), FB003 (250g), FB006 (3kg), FB012 (180g)



**Fable Food**

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Product Specification Sheet

DESCRIPTION:

Delicious meat substitute made from Shiitake mushrooms, coconut oil, soy protein and natural colours and flavours. Use it in all the same ways as braised beef, pulled pork and in some new ways too! High in dietary fibre, pre-biotics and packed with nutrients. It's delicious, healthy and 100% plant and mushroom based!

FOOD PREPARATION CLASSIFICATION

Ready to heat.

COOKING INSTRUCTIONS:

Product must be cooked. Grill or pan-fry in a lightly oiled pan on High heat for 2–3 minutes or until browned, turning once. Should reach an internal temperature of at least 70°C/150°F.

Can be added in sauces and soups but do so after product has been browned. If braising, product can be added straight into liquid and simmer for 10 minutes to become tender.

NUTRITION FACTS

Servings per package (1kg):		8	
Serving size:		½ cup (125g)	
Amount per serving			
Calories		366	
	Average quantity per serve	% Daily Intake*	Average quantity per 100g
Energy	1542 kJ (366 kcal)		1233 kJ (293 kcal)
Protein	14.2 g	28%	11.4 g
Fat, Total	25.3 g	32%	20.3 g
- Saturated	23.0 g	115%	18.4 g
Trans Fat	0 g		0 g
Cholesterol	0 g	0%	0 mg
Carbohydrate	20.4 g	7%	16.3 g
- Sugars	4.2 g		3.3 g
Includes 4 g Added Sugars		8%	
Dietary Fibre	15.8 g	57%	12.6 g
Sodium (salt)	573 mg (1.43 g)	25%	459 mg (1.15 g)
Calcium	63 mg	5%	50 mg
Iron	3 mg	17%	2.4 mg
Vitamin D	1.3 µg	7%	1 µg
Potassium	141 mg	3%	113 mg

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories (8,700 kJ) a day is used for general nutrition advice.

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PRODUCT SPECIFICATION

Ingredients:	Shiitake Mushroom (44%) (containing natural <b>Sulphites</b> ), Water, Coconut Oil, <b>Soy</b> Protein Isolate (non GMO), Sugar, Tapioca Flour, Gluten Free <b>Soy</b> Sauce (Water, <b>Soybeans</b> , Salt, Sugar, Corn Starch) (non GMO), Yeast Extract, Salt, Pepper
Country of Origin	Malaysia
Sensory	Colour – Typically light to medium brown Taste – Similar taste and texture of slow braised beef or pulled pork
Analytical	Pesticide residues conform to Food Standards Code requirements.
Microbiological	Listeria monocytogenes ND in 25g Listeria spp ND in 25g Salmonella spp ND in 25g Bacillus cereus < 100 cfu/g Coagulase Positive Staphylococci < 100 cfu/g Clostridium perfringens < 100 cfu/g Coliform < 100 cfu/g E. Coli < 3 MPN/g SPC < 100,000 cfu/g ND = Not detected
Frequency of Micro Testing	Testing is conducted on per day batch
Storage	Store frozen below -18°C/-4°F or refrigerated between 2–4°C/35–39°F.
Shelf Life	2 years frozen. FB001 & FB006 7 days refrigerated. FB003 & FB012 21 days refrigerated. Consume within 3–4 days of opening.
Allergen Status*	Contains: <b>Soy</b> and naturally occurring <b>Sulphites</b> . May Contain: <b>Egg, Peanut, Sesame</b> and <b>Wheat</b> since this product is manufactured in a facility that processes other food products which may contain these ingredients.
Product Nature	As with all Shiitake mushrooms, it may contain naturally occurring woody and fibrous material from the growing process.
GMO Status	This product has not been genetically modified nor have any genetically modified ingredients been used in its manufacture. It does not require labelling as a genetically modified food in accordance with FSANZ Food Standard 1.5.2.

\*Batches from July 2022 will be produced in a peanut & sesame free facility.