

SWAPTM CHICKEN



A new kind of chicken

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

19g protein • Just 8 ingredients

Why **SWAP**TM 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 | NO cholesterol

Cooking Instructions



Defrost

- Place in fridge 24 hours to defrost.



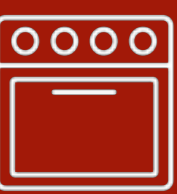
Pan-fry

- 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.



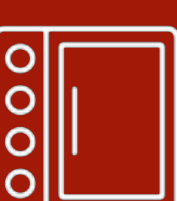
Air Fryer

- 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.



Rationale Oven

- Preheat oven to 480°F and season SWAP filet with spices and oil.
- Place SWAP filet on a baking sheet and bake for 5-6 minutes.



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.



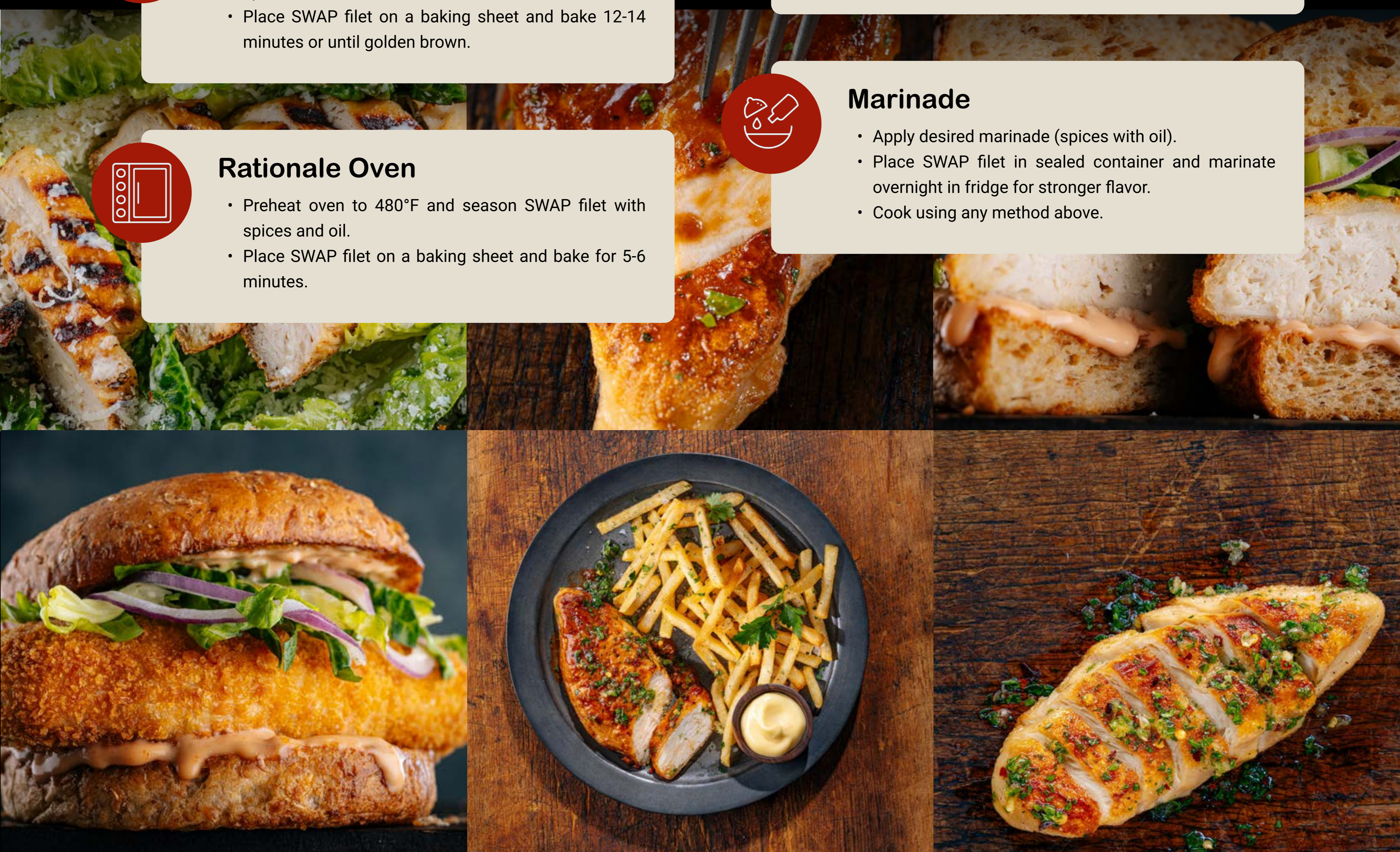
Merry chef

- 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	300012
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; justify-content: space-around; align-items: center;"> <div style="border: 1px solid #ccc; border-radius: 15px; padding: 5px; margin: 2px;">Water</div> <div style="border: 1px solid #ccc; border-radius: 15px; padding: 5px; margin: 2px;">Soy Protein Isolate</div> <div style="border: 1px solid #ccc; border-radius: 15px; padding: 5px; margin: 2px;">Sunflower oil</div> </div> <div style="display: flex; justify-content: space-around; align-items: center; margin-top: 10px;"> <div style="border: 1px solid #ccc; border-radius: 15px; padding: 5px; margin: 2px;">Natural Flavorings</div> <div style="border: 1px solid #ccc; border-radius: 15px; padding: 5px; margin: 2px;">Yeast Extract</div> </div> <div style="display: flex; justify-content: space-around; align-items: center; margin-top: 10px;"> <div style="border: 1px solid #ccc; border-radius: 15px; padding: 5px; margin: 2px;">Pea Protein Flour</div> <div style="border: 1px solid #ccc; border-radius: 15px; padding: 5px; margin: 2px;">Citric Acid</div> <div style="border: 1px solid #ccc; border-radius: 15px; padding: 5px; margin: 2px;">Salt</div> </div>

Nutrition Facts	
40 servings per container	
Serving size	(90g)
Amount Per Serving	
Calories	150
<small>% Daily Value*</small>	
Total Fat 7g	10%
Saturated Fat 0.5g	4%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 360mg	16%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 19g	39%
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 2mg	13%
Potassium 80mg	2%
<small>*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.</small>	

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