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Nuggets Made With Plants





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 week¹
- 44% of consumers would like more restaurants to offer protein substitutes for meat, poultry and seafood²

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**

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, julienne red bell pepper and scallions atop butter lettuce leaves served with sweet ponzu glaze*

**pictured*

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.

SUPC	Pack/Size	Brand	Description
7094362	2/5 lb.	RSD&RTD	PLANTBASED NUGGET BRD PCK

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