

# Wild Nation<sup>®</sup> VEGE BITES

Using only the best locally grown vegetables, Wild Nation have combined the best of local kiwi cuisine with innovative global flavours to create these delicious new Vege Bites!



### PACK SIZE:

3 x 2.2 lb bags per carton  
Approx 43 units per 2.2lb

**STORAGE/TRANSIT:** Store Frozen 0°F

### COOKING GUIDELINES:

Commercial Deep Fryer: 350°F • 4 mins  
Air Fryer: 375°F • 8 mins  
Convection Oven: 375°F • 16 mins



## Jalapeno & Plant-based Mozzarella

A fresh take on a classic bar favorite. Not too spicy, just the right amount of heat to compliment the mozzarella cheese.

**INGREDIENTS:** Chickpeas, Mozzarella Style Cheese Alternative, Jalapeno Peppers, Potato, Breadcrumbs, Onion, Canola Oil, Water, Sunflower Seed Paste, Wheat Flour, Contains Less Than 2% of Salt, Wheat Starch, Corn Starch, Tapioca Starch, Wheat Gluten, Citrus Fiber, Natural Flavor, Onion Powder, Black Pepper, Vegetable Stock Powder, Garlic Powder, Oregano.

| Nutrition Facts               |            |
|-------------------------------|------------|
| 11 servings per package       |            |
| Serving size 4 Pieces (92g)   |            |
| Amount per serving            |            |
| <b>Calories</b>               | <b>210</b> |
| % Daily Value*                |            |
| <b>Total Fat</b> 10g          | <b>13%</b> |
| Saturated Fat 3g              | <b>15%</b> |
| Trans Fat 3g                  |            |
| <b>Sodium</b> 600mg           | <b>26%</b> |
| <b>Total Carbohydrate</b> 21g | <b>8%</b>  |
| Dietary Fiber 4g              | <b>14%</b> |
| Total Sugars 3g               |            |
| Includes 0g Added Sugars      | <b>0%</b>  |
| <b>Protein</b> 6g             | <b>12%</b> |

Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium.  
\*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 nutritional advice.

## Ranch Cauliflower & Plant-based Mozzarella

Cauliflower delicately blended with creamy ranch flavors, finished with a crunchy crumb coating.

**INGREDIENTS:** Chickpeas, Mozzarella Style Cheese Alternative, Pickled Cauliflower, Sweetcorn, Potato, Breadcrumbs, Canola Oil, Onion, Water, Sunflower Seed Paste, Wheat Flour, Contains Less Than 2% of Salt, Wheat Gluten, Wheat Starch, Corn Starch, Tapioca Starch, Citrus Fiber, Natural Flavor, Onion Powder, Black Pepper, Vegetable Stock Powder, Garlic Powder, Oregano, Thyme.

| Nutrition Facts               |            |
|-------------------------------|------------|
| 11 servings per package       |            |
| Serving size 4 Pieces (92g)   |            |
| Amount per serving            |            |
| <b>Calories</b>               | <b>190</b> |
| % Daily Value*                |            |
| <b>Total Fat</b> 9g           | <b>12%</b> |
| Saturated Fat 2.5g            | <b>13%</b> |
| Trans Fat 0g                  |            |
| <b>Sodium</b> 540mg           | <b>23%</b> |
| <b>Total Carbohydrate</b> 20g | <b>7%</b>  |
| Dietary Fiber 4g              | <b>14%</b> |
| Total Sugars 3g               |            |
| Includes 0g Added Sugars      | <b>0%</b>  |
| <b>Protein</b> 5g             | <b>10%</b> |

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## Sweetcorn & Plant-based Mozzarella

A velvety mix of juicy sweetcorn and rich plant-based mozzarella, enveloped in a crispy crust.

**INGREDIENTS:** Chickpeas, Sweetcorn, Mozzarella Style Cheese Alternative, Potato, Breadcrumbs, Onion, Canola Oil, Water, Sunflower Seed Paste, Wheat Flour, Contains Less Than 2% of Salt, Wheat Starch, Corn Starch, Tapioca Starch, Wheat Gluten, Citrus Fiber, Natural Flavor, Onion Powder, Black Pepper, Garlic Powder, Vegetable Stock Powder, Oregano.

| Nutrition Facts               |            |
|-------------------------------|------------|
| 11 servings per package       |            |
| Serving size 4 Pieces (92g)   |            |
| Amount per serving            |            |
| <b>Calories</b>               | <b>200</b> |
| % Daily Value*                |            |
| <b>Total Fat</b> 10g          | <b>13%</b> |
| Saturated Fat 3g              | <b>15%</b> |
| Trans Fat 0g                  |            |
| <b>Sodium</b> 610mg           | <b>27%</b> |
| <b>Total Carbohydrate</b> 20g | <b>7%</b>  |
| Dietary Fiber 3g              | <b>11%</b> |
| Total Sugars 3g               |            |
| Includes 0g Added Sugars      | <b>0%</b>  |
| <b>Protein</b> 5g             | <b>10%</b> |

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NEW ZEALAND

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## Smoked Chipotle Sweet Potato

New Zealand sweet potato meets the heat of chipotle pepper. These delightful bites deliver a base of sweet potato boosted by a delicious spicy kick of chipotle.

**INGREDIENTS:** Chickpeas, sweet potato, breadcrumbs, sunflower seed paste, canola oil, onion, lemon zest, chipotle chili powder, salt, thyme.

| Nutrition Facts                    |            |
|------------------------------------|------------|
| 11 servings per package            |            |
| <b>Serving size 4 Pieces (92g)</b> |            |
| <b>Amount per serving</b>          |            |
| <b>Calories</b>                    | <b>210</b> |
| <b>% Daily Value*</b>              |            |
| <b>Total Fat</b> 9g                | <b>12%</b> |
| Saturated Fat 1g                   | <b>5%</b>  |
| Trans Fat 0g                       |            |
| <b>Sodium</b> 700mg                | <b>30%</b> |
| <b>Total Carbohydrate</b> 22g      | <b>8%</b>  |
| Dietary Fiber 5g                   | <b>18%</b> |
| Total Sugars 6g                    |            |
| Includes 1g Added Sugars           | <b>2%</b>  |
| <b>Protein</b> 6g                  | <b>12%</b> |

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## Smashed Pea & Mint

Bright green flavour delights, these sweet, yet earthy New Zealand green pea vege bites are elevated with a touch of real mint added. Perfect as an addition to any menu or side dish.

**INGREDIENTS:** Green peas, chickpeas, breadcrumbs, sunflower seed paste, onion, garlic, canola oil, mint, garlic powder, salt, black pepper.

| Nutrition Facts                    |            |
|------------------------------------|------------|
| 11 servings per package            |            |
| <b>Serving size 4 Pieces (92g)</b> |            |
| <b>Amount per serving</b>          |            |
| <b>Calories</b>                    | <b>170</b> |
| <b>% Daily Value*</b>              |            |
| <b>Total Fat</b> 7g                | <b>9%</b>  |
| Saturated Fat 0.5g                 | <b>3%</b>  |
| Trans Fat 0g                       |            |
| <b>Sodium</b> 700mg                | <b>30%</b> |
| <b>Total Carbohydrate</b> 16g      | <b>6%</b>  |
| Dietary Fiber 7g                   | <b>25%</b> |
| Total Sugars 5g                    |            |
| Includes 0g Added Sugars           | <b>0%</b>  |
| <b>Protein</b> 7g                  | <b>14%</b> |

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## Beet & Plum

New Zealand beets combined with juicy plums from our local orchards, creating a contemporary twist on sweet and savory flavors.

**INGREDIENTS:** Beets, chickpeas, breadcrumbs, plum, sunflower seed paste, onion, garlic, canola oil, vinegar, ginger, salt, black pepper.

| Nutrition Facts                    |            |
|------------------------------------|------------|
| 11 servings per package            |            |
| <b>Serving size 4 Pieces (92g)</b> |            |
| <b>Amount per serving</b>          |            |
| <b>Calories</b>                    | <b>170</b> |
| <b>% Daily Value*</b>              |            |
| <b>Total Fat</b> 7g                | <b>9%</b>  |
| Saturated Fat 0.5g                 | <b>3%</b>  |
| Trans Fat 0g                       |            |
| <b>Sodium</b> 470mg                | <b>20%</b> |
| <b>Total Carbohydrate</b> 19g      | <b>7%</b>  |
| Dietary Fiber 4g                   | <b>14%</b> |
| Total Sugars 5g                    |            |
| Includes 0g Added Sugars           | <b>0%</b>  |
| <b>Protein</b> 6g                  | <b>12%</b> |

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