

# SWAP<sup>TM</sup> CHICKEN

for the love of it.



## A new kind of chicken

Meet the tender, 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 | NO cholesterol**



Any menu. Any recipe.  
Any time of day.

For best experience, follow cooking instructions closely  
and do not overcook!

### Appetizer - Roasted SWAP BBQ Flatbread

- Preheat oven to 350°F. Season SWAP filet with oil and salt & pepper. Bake for 12 minutes.
- Dice the filet and add to your favorite pizza. Drizzle over some BBQ sauce for an elevated classic!



### Salad - Grilled SWAP Chicken Caesar Salad

- Preheat BBQ/grill to medium. Season SWAP filet with oil and salt & pepper. Grill 3-4 minutes each side.
- Slice the filet and add to your favorite Caesar salad for a plant-based protein punch!

### Main - Pan-fried SWAP Chicken & Fries

- Give SWAP Chicken a bath in your favorite marinade for up to 24 hours in the fridge.
- Heat 2 tbsp of oil in a pan over medium heat. Cook for 4 minutes each side.
- Serve it up with a side of fries and don't forget your favorite dipping sauce!





### Sandwich - Breaded SWAP Sandwich

- Preheat oil in a deep fryer at 350°F. Coat SWAP filet in your favorite breading. Deep fry for 4 minutes.
- Slather some mayo on a bun. Add the breaded SWAP filet and some toppings. You'll never know it's plant-based!

For detailed cooking instructions, contact [sales.us@swapfood.com](mailto:sales.us@swapfood.com)

# 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; flex-wrap: wrap; justify-content: space-around;"> <div style="border: 1px solid #ccc; border-radius: 15px; padding: 5px; margin: 5px;">Water</div> <div style="border: 1px solid #ccc; border-radius: 15px; padding: 5px; margin: 5px;">Soy Protein Isolate</div> <div style="border: 1px solid #ccc; 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 #ccc; border-radius: 15px; padding: 5px; margin: 5px;">Natural Flavorings</div> <div style="border: 1px solid #ccc; 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 #ccc; border-radius: 15px; padding: 5px; margin: 5px;">Pea Protein Flour</div> <div style="border: 1px solid #ccc; border-radius: 15px; padding: 5px; margin: 5px;">Citric Acid</div> <div style="border: 1px solid #ccc; 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>
<b>% Daily Value*</b>	
<b>Total Fat 7g</b>	<b>10%</b>
Saturated Fat 0.5g	4%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 360mg</b>	<b>16%</b>
<b>Total Carbohydrate 2g</b>	<b>1%</b>
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
<b>Protein 19g</b>	<b>39%</b>
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 2.4mg	13%
Potassium 80mg	2%
*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.	

Scan to order:



Contact us:



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