

SWAPTM 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**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**



**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

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
Water Soy Protein Isolate Sunflower oil Natural Flavorings Yeast Extract Pea Protein Flour Citric Acid Salt

Nutrition Facts	
40 servings per container	
Serving size	(90g)
Amount Per Serving	
Calories	150
% Daily Value*	
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 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.	

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Contact us:



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