

# Product Information Sheet



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**PRODUCT:** **IMPERIAL HEARTY STEW – BEEF**

**PRODUCT BRIEF:** Beef flavoured soya stew with pasta or rice and vegetables to deliver a tasty nutritious meal.

**INGREDIENTS:** Maize, Textured Vegetable Protein, Pasta or Rice, Mixed Vegetables, Salt, Flavourings, Sugar, Spices, Colourant, Acidity Regulator, Anti Caking Agent.

**PACK SIZES:** 5 Kg.  
25 Kg.

**MIXING RATIO:** 1 part Hearty stew to 6 Parts Water (1:6)

**COOKING INSTRUCTIONS:** Mix 1kg Hearty stew to 6 litres cold water.  
Cover container and let the Hearty Stew soak, preferably in refrigerator.  
Soak for at least 1 hour before use.

**YIELD:** 1 kg powder + 6 Litre water = 6,5 Litre Hearty Stew.

## **KEY FEATURES - IMPERIAL HEARTY STEW**

Imperial Hearty stew was designed with the objective to be a balanced meal. Hearty stew delivers the protein, carbohydrate and macronutrient requirements of a tasty nutritious meal.

**NB – COMPLETE CONVENIENCE.**  
**NB – TASTY AND NUTRITIOUS.**  
**NB – EASY PORTION CONTROL.**

## **PRODUCT APPLICATIONS**

- Serve as a complete nutritional balanced meal.

### Used By:

Government Institutes / Feeding Schemes  
Mining and Project Management Institutes.  
Community Feeding Schemes.

**Please visit our website for Recipes and Product Data Sheets if you require any further information**

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| <b>SOYA PRODUCTS</b>            |                     |                          |
|---------------------------------|---------------------|--------------------------|
| <b>HEARTY STEW - BEEF (1:6)</b> | Per 100 g<br>Powder | Per 100 g<br>Re-Hydrated |
| Energy (kj)                     | 1101                | 157                      |
| Protein (g)                     | 11,0                | 1,6                      |
| Glyceamic carbohydrates (g)     | 55,0                | 7,9                      |
| of which total Sugars (g)       | 3,9                 | 0,6                      |
| of which total Starch (g)       | 16,9                | 2,4                      |
| of which total Lactose (g)      | 0,0                 | 0,0                      |
| Total Fat (g)                   | 1,0                 | 0,1                      |
| Saturated fat (g)               | 0,0                 | 0,0                      |
| of which Trans fat (g)          | 0,0                 | 0,0                      |
| Dietary Fibre (g)               | 4,2                 | 0,6                      |
| Sodium (mg)                     | 3461                | 494                      |

*All results calculated*