



# Fy Bites

Add a better protein  
to your menu

Nature's Fynd Fy Bites are high-protein,  
veggie-packed bites made from Fy,  
a revolutionary complete fungi protein.



## Reasons to love Fy Bites

- Big 9 allergen-free & gluten-free
- Nutritional powerhouse: 14g protein, 5g fiber, 1/3c veggies per serving
- Versatility: perfect for bowls, wraps, salads & more
- Easy to prep: deep fry or bake
- Global flavors: 4 bold, chef-inspired flavors

### Nutrition Facts

| Serving Size                  | 5 bites (95g) |
|-------------------------------|---------------|
| Amount per serving            |               |
| Calories                      | 200           |
| % Daily Value*                |               |
| <b>Total Fat</b> 12g          | <b>15%</b>    |
| Saturated Fat 1.5g            | <b>8%</b>     |
| Trans Fat 0g                  |               |
| <b>Cholesterol</b> 0mg        | <b>0%</b>     |
| <b>Sodium</b> 360mg           | <b>16%</b>    |
| <b>Total Carbohydrate</b> 12g | <b>4%</b>     |
| Dietary Fiber 5g              | <b>18%</b>    |
| Total Sugars 3g               |               |
| Includes 1g Added Sugars      | <b>2%</b>     |
| <b>Protein</b> 14g            | <b>25%</b>    |
| Vitamin D 0mcg                | 0%            |
| Iron 2mg                      | 10%           |
| Calcium 37mg                  | 2%            |
| Potassium 241mg               | 6%            |

#### INGREDIENTS:

Water, Fy™ Veggie Blend (Kale, Carrot, Chickpea, Fy Protein™ (Nutritional Fungi Protein), Onion), Pea Protein, Avocado Oil, Chickpea Flour, Expeller Pressed Canola Oil, Contains <2% Spice, Garlic Powder, Onion Powder, Tomato Powder, Salt, Methylcellulose, Natural Flavor, Sugar, Paprika, Turmeric.

**Contains: Fungi**

Request a sample or reach out  
for additional information:

[naturesfyndfoodservice.com](https://naturesfyndfoodservice.com)

[foodservesales@naturesfynd.com](mailto:foodservesales@naturesfynd.com)

| SKUs                                                  | Size    | Shelf Life      |
|-------------------------------------------------------|---------|-----------------|
| Spicy Indian, Herby Thai, Zesty Greek, Savory Italian | 1/10 lb | 365 days frozen |