



PRICE: \$19.95 CA | \$17.95 US (PACK OF 2)
 VOLUME: 145 g (5.1 oz)

FLAVOUR PROFILE

Warming savoury Tex-Mex flavours with slow-building heat (not spicy).

FEATURES & BENEFITS

Made from sustainable pea protein, mix is vegan, soy and gluten free. Just need to add water and heat.

Dry blend is lightweight—ideal for taking on the road, hiking, camping, or stocking a small pantry.

1 serving (2 tacos) contains 22 g plant-based protein and is an excellent source of iron, vitamin B12, and zinc.

Mix is lightweight, and great for camping and travelling.

FYI: Peas are legumes. People with severe allergies to legumes like peanuts should be cautious when introducing pea protein into their diet because of the possibility of a pea allergy. Contains no peanuts or tree nuts.

LABEL DIRECTIONS

Makes 4 servings (8 tacos)

Combine mix with 2 cups hot water; set aside to hydrate, 5 min. In a large non-stick frying pan, heat 3 tbsp olive oil over medium-high heat. Add mix; cook about 5–7 min, stirring gently to avoid mashing, until liquid has been absorbed. Squeeze in juice from ½ a lime, if desired. Spoon into corn tortillas or taco shells. Serve with guacamole and salsa, if desired.

INGREDIENTS LIST*

Black pepper, chili powder (spices, salt, garlic, rice concentrate, rosemary extract), cilantro, cinnamon, cumin, garlic, inactive nutritional yeast (vitamin B12, vitamin B6, thiamin, riboflavin, pantothenic acid, folic acid, niacin, zinc), oregano, organic coconut palm sugar, paprika, pea protein, red bell pepper, tomato powder (tomato, rice concentrate), sea salt.

ALLERGENS AND SENSITIVITIES:

Garlic, inactive nutritional yeast.

*Ingredient list is in alphabetical order for proprietary reasons.

RECIPE IDEAS

- Top Caesar salad or a power bowl.
- Use as a filling for burritos or stuff into baked potatoes or pasta shells.
- Stir-fry with mushrooms and bell peppers. Serve in lettuce cups with your favourite Epicure Dip.

KITCHEN HACK

Hydrate mix with your fave Epicure broth mix. Choose from Miso, Nourish (chicken) or Vegetable.

TASTING TIP

A great companion for the **Good Mexican. Real Fast.** demo. Companion Products

Check epicure.com for current availability.

FOOD & BEVERAGES:

- **Caesar Dressing Mix**
- **Good Mexican. Real Fast. Meal Kit**
- **Guacamole Dip Mix**
- **Ooey Goopy Queso Dip Mix**

COOKWARE:

- **Perfect Portion Scoops**
- **Prep Bowls**
- **Prep Pro Chef Knife**
- **Wok**

*US Nutritional Facts Table may vary due to FDA regulations. Find US Nutritional Facts Tables at epicure.com.

Nutrition Facts		Valeur nutritive	
Per 1/4 package dry mix (36 g) / Par 1/4 du sachet de mélange (36 g)			
About 2 tacos prepared / Environ 2 tacos préparés			
	Dry Mix* Mélange*	Prepared* Préparé*	
Calories	140	330	
% Daily Value* / % valeur quotidienne*			
Fat / Lipides 2.5 g [†]	3 %	19 %	
Saturated / saturés 0.5 g			
+ Trans / trans 0 g	3 %	10 %	
Carbohydrate / Glucides 10 g			
Fibre / Fibres 4 g	14 %	21 %	
Sugars / Sucres 3 g	3 %	3 %	
Protein / Protéines 20 g			
Cholesterol / Cholestérol 0 mg			
Sodium 390 mg	17 %	17 %	
Potassium 150 mg	3 %	3 %	
Calcium 50 mg	4 %	4 %	
Iron / Fer 5.5 mg	31 %	33 %	
Vitamin B12/Vitamine B12 2 mcg	83 %	83 %	
Zinc 4.5 mg	41 %	41 %	

*Amount in dry mix / Teneur dans le mélange.
[†]Prepared adds 190 Calories, 12 g Fat (1.5 g Saturated), 22 g Carbohydrate (2 g Fibre), 2 g Protein, 10 mg Sodium. / La recette préparée ajoute 190 Calories, 12 g Lipides (1,5 g saturés), 22 g Glucides (2 g fibre), 2 g Protéines, 10 mg Sodium.

*5% or less is a little, 15% or more is a lot
 *5% ou moins c'est peu, 15% ou plus c'est beaucoup

WE KEEP IT SIMPLE: CLEAN INGREDIENTS, ALWAYS.

- Free of preservatives and artificial colors.
- 100% gluten-free and nut-free.
- Sodium and sugar conscious.
- Made from ethically sourced ingredients.
- 90% Non-GMO Project Verified.

