



PRICE: \$11.50 CA | \$10.50 US
 VOLUME: 100 g (3.5 oz)

FLAVOUR PROFILE

Classic, sweet honey garlic flavour.

FEATURES & BENEFITS

Mass appeal flavour, family-friendly meal.

No artificial colours or flavours.

Blend is vegan (honey is added to prepare sauce).

Blend does not contain caramel colour or MSG.

LABEL DIRECTIONS

Makes 4 servings (16 meatballs).

In a large bowl, measure 2 tbsp seasoning and combine with 1 lb (450 g) lean ground beef. Form into 16 meatballs (about 2 tbsp each). Arrange into a single layer in an **Epicure Round** or **Multipurpose Steamer**. Microwave, covered, on high for 4 min or until cooked. Meanwhile, in a wok, combine remaining seasoning with ¾ cup water and 1 tbsp honey. Bring to a boil over medium-high heat stirring constantly. Reduce heat and simmer until sauce is thickened as desired. Strain meatballs; add to wok. Stir to coat. Serve with rice, if desired.

INGREDIENTS LIST*

Organic sugar (organic coconut palm sugar, organic cane sugar), corn starch, garlic, organic tamari powder (organic soybeans, salt, organic maltodextrin), sea salt.

ALLERGENS AND SENSITIVITIES:

Contains soy.

*Ingredient list is in alphabetical order for proprietary reasons.

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.

RECIPE IDEAS

- Toss chicken thighs or wings in prepared sauce.
- Add sauce to stir-fries, thin out as needed with water.
- Make a sticky glaze for baked salmon.

KITCHEN HACK

For a richer flavour and deeper colour, add 1 tsp fancy molasses to sauce.

TASTING TIP

Prepare half the recipe (on label) and serve with toothpicks.

COMPANION PRODUCTS

Check epicure.com for current availability.

FOOD & BEVERAGES:

- **Classic Meatloaf Seasoning**
- **Everything Bagel Whole Food Topper**
- **Marinara Sauce Mix**

COOKWARE:

- **Multipurpose Steamer**
- **Round Steamer**
- **Wok & Glass Lid**

*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 (25 g) / Par 1/4 du sachet de mélange (25 g)			
About 4 meatballs prepared / Environ 4 boulettes de viande préparées			
	Dry Mix ¹	Prepared ²	
	Mélange ¹	Préparé ²	
Calories	90	310	
	% Daily Value* / % valeur quotidienne*		
Fat / Lipides 0.2 g ¹	1 %	17 %	
Saturated / saturés 0.1 g			
Trans / trans 0 g	1 %	25 %	
Carbohydrate / Glucides 22 g			
Fibre / Fibres 1 g	4 %	4 %	
Sugars / Sucres 14 g	14 %	19 %	
Protein / Protéines 1 g			
Cholesterol / Cholestérol 0 mg			
Sodium 390 mg	17 %	20 %	
Potassium 125 mg	3 %	10 %	
Calcium 20 mg	2 %	4 %	
Iron / Fer 0.5 mg	3 %	17 %	

¹Amount in dry mix / Tenue dans le mélange.
²Prepared adds 220 Calories, 13 g Fat (5 g Saturated), 4 g Carbohydrate (5 g Sugars), 21 g Protein, 70 mg Cholesterol, 70 mg Sodium. / La recette préparée ajoute 220 Calories, 13 g Lipides (5 g saturés), 4 g Glucides (5 g Sucres), 21 g Protéines, 70 mg Cholestérol, 70 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