



PRICE: \$15 CA | \$13 US (PACK OF 3)

VOLUME: 92 g (3.2 oz)

### FLAVOUR PROFILE

Features roasted tomatoes, alder smoked sea salt, and cayenne pepper.

### FEATURES & BENEFITS

Coat, shake, and bake! It's that simple!

Gluten free.

Contains chia seeds — a delicious way to add omega-3 polyunsaturated fatty acids to your diet.

Source of fibre. Contains psyllium which promotes feelings of fullness.

This product is unique to Epicure; you can't find anything like it on the market.

Cleaner label: other bread crumb products on the market often contain gluten, high fructose corn syrup, hydrogenated oils, yeast, and added flavours.

### LABEL DIRECTIONS

Makes 8 servings.

Preheat oven to 375° F. Lightly coat 2 lb (900 g) boneless, skinless chicken, pork chops, pork tenderloin, or tofu with 1 tbsp oil. Place mix in shaker bag. Add meat, fish, or tofu, shaking gently until evenly coated. Place on lined baking sheet. Cook according to table on package.

### INGREDIENTS LIST\*

Alder smoked sea salt, cayenne pepper, chia, chili powder (spices [cayenne pepper, cumin, oregano, paprika], salt, garlic, silicon dioxide), coriander, garlic, onion, roasted tomatoes, parsley, psyllium husk.

### ALLERGENS AND SENSITIVITIES

Garlic, onion.

### 90-DAY MONEY BACK GUARANTEE

If for any reason you are not completely satisfied with your Epicure products within 90 days of purchase, we will exchange or fully refund your purchase. Ask your Consultant about extended guarantees on cookware.

\*Ingredients list is in alphabetical order for proprietary reasons.

### RECIPE IDEAS

- Coat chicken, fish, tofu, root vegetables, and pork.
- Make a healthier Tex Mex chicken burger or fish tacos.

### KITCHEN HACK

Coat protein/veggies with prepared **Caesar Dressing**, instead of oil, for added flavour.

Leftovers? Freeze for an easy meal later.

### TASTING TIP

Prepare chicken cubes for your demo to serve on toothpicks. For smaller classes, cut recipe in half or freeze leftovers for another class.

### COMPANION PRODUCTS

Check [epicure.com](http://epicure.com) for current availability.

### FOOD & BEVERAGES:

- **Caesar Dressing Mix**
- **Crispy & Crunchy Coating Mix**
- **Fajita Seasoning**
- **Southern Baked Gluten Free Crumb Mix**

### COOKWARE:

- **Cooling Rack (Set of 2)**
- **Prep Pro Utensil Set**
- **Sheet Pan**
- **Sheet Pan Liner**

\*US Nutritional Facts Table may vary due to FDA regulations. Find US Nutritional Facts Tables at [epicure.com](http://epicure.com).

| Nutrition Facts  |                      | Valeur nutritive                             |  |
|--|----------------------|--|--|
| Per 1/8 package dry mix (12 g) / Par 1/8 du sachet de mélange (12 g)   |                      | 1/8 package prepared / 1/8 du sachet préparé |  |
|  | Dry Mix*<br>Mélange* | Prepared†<br>Préparé†                        |  |
| <b>Calories</b>  | <b>35</b>            | <b>190</b>                                   |  |
| % Daily Value* / % valeur quotidienne*   |                      |  |  |
| <b>Fat / Lipides</b> 1 g <sup>1</sup>  | <b>1</b> %           | <b>9</b> %                                   |  |
| Saturated / saturés 0.1 g  |                      |  |  |
| + Trans / trans 0 g  | <b>1</b> %           | <b>10</b> %                                  |  |
| Polysaturated / polyinsaturés 0.4 g  |                      |  |  |
| Omega-6 / oméga-6 0.1 g  |                      |  |  |
| Omega-3 / oméga-3 0.3 g  |                      |  |  |
| Monounsaturated / monoinsaturés 0 g  |                      |  |  |
| <b>Carbohydrate / Glucides</b> 7 g   |                      |  |  |
| Fibre / Fibres 3 g   | <b>11</b> %          | <b>11</b> %                                  |  |
| Sugars / Sucres 1 g  | <b>1</b> %           | <b>1</b> %                                   |  |
| <b>Protein / Protein</b> 1 g   |                      |  |  |
| <b>Cholesterol / Cholestérol</b> 0 mg  |                      |  |  |
| <b>Sodium</b> 190 mg   | <b>8</b> %           | <b>12</b> %                                  |  |
| Potassium 125 mg   | <b>3</b> %           | <b>12</b> %                                  |  |
| Calcium 40 mg  | <b>3</b> %           | <b>4</b> %                                   |  |
| Iron / Fer 0.75 mg   | <b>4</b> %           | <b>8</b> %                                   |  |
| <small>*Amount in dry mix / Teneur dans le mélange.<br/>†Prepared adds 160 Calories, 6 g Fat (2 g Saturated), 1 g Polyunsaturated, 0.6 g Omega-6, 3 g Monosaturated), 1 g Carbohydrate, 24 g Protein, 65 mg Cholesterol, 80 mg Sodium. / La recette préparée ajoute 160 Calories, 6 g Lipides (2 g saturés, 1 g polysaturés, 0.6 g oméga-6, 3 g monoinsaturés), 1 g Glucides, 24 g Protéines, 65 mg Cholestérol, 80 mg Sodium.</small> |                      |  |  |
| <small>*5 % or less is a little. 15 % or more is a lot<br/>*5 % ou moins, c'est peu. 15 % ou plus, c'est beaucoup</small>  |                      |  |  |

**INGREDIENTS:** Onion, chia, garlic, psyllium husk, tomatoes, chili powder (spices, salt, garlic, rice concentrate), spices, alder smoked sea salt, parsley, cayenne pepper.

**INGRÉDIENTS :** Oignon, chia, ail, enveloppes de psyllium, tomates, chili en poudre (épices, sel, ail, concentré de riz), épices, sel marin fumé au bois d'aulne, persil, poivre de Cayenne.

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### 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.
- 85% Non-GMO Project Verified.