

On the beautiful island nation of Sri Lanka, **organic young jackfruit** is harvested while it is green, before its starch has time to change to sugar. Its fleshy interior and mild taste make an excellent base to carry the flavor of your favorite seasonings and star in your culinary creations. As it cooks, young jackfruit naturally shreds into the ideal structure for meatless pulled-pork and chicken-style recipes. We have packed this **Sodium-Free** variety of **Native Forest® Organic Young Jackfruit** in filtered water with no other ingredients.

It's an excellent vegan option for people who enjoy the texture of meat in their plant-based recipes.

Directions: Drain, rinse and prepare.

Refrigerate unused portion and enjoy within 4 days.

Vegan Taco Filling

1 can Native Forest® Organic Young Jackfruit, drained and rinsed

1/2 diced Onion • 1 Tbsp Oil

1 packet of your favorite Taco seasoning

Sauté the onions until translucent. Set aside. Put jackfruit in saucepan and cover with water. Boil until jackfruit starts to separate. Simmer for 5-7 minutes. Drain jackfruit and return to pan, adding back onions. Stir in taco seasoning and prepare as directed (replace browned beef in taco seasoning directions with the jackfruit + onions mixture - no need to brown further). Serve taco filling in tortillas or hard taco shells with veggies of choice (chopped lettuce, avocado, tomatoes, cilantro...) and vegan cheese (optional).

Seeedwardandsonsrecipes.org for more delicious recipe ideas!



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Convenience Without Compromise®

SERVING SUGGESTION



Organic Young Jackfruit

• SODIUM FREE •



NET WT 14 OZ 400g
DR WT 7 OZ 200g

Nutrition Facts

About 2 servings per container

Serving Size 1/2 cup (89g)

Amount per serving

Calories 25

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 6g 2%

Dietary Fiber 5g 18%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 1g

Vit. D 0mcg 0% • Calcium 41mg 4%

Iron .5mg 4% • Potas. 105mg 2%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutritional advice.

Ingredients:

Organic Young Jackfruit,
Water.

Jackfruit is a gluten free food.

Distributed by:

Edward & Sons Trading Co., Inc.

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Carpinteria, CA 93014 USA

edwardandsons.com

Certified organic by QAI

Product of Sri Lanka

Serving Suggestions:

- Sauté with onions, mushrooms and other fresh local vegetables.
- Add leafy greens and stir fry with your favorite sauce and Native Forest® Organic Bamboo Shoots, Baby Corn and Water Chestnuts.
- Use as a plant-based alternative in tacos.

Try our other varieties:

Organic Young
Jackfruit

• ORIGINAL •

• BARBECUE •

• RED CURRY •

• YELLOW CURRY •

Organic certification prohibits the use of GMOs and other unwelcome ingredients. Choosing organic foods benefits our farmers, **ORGANIC** our families **NON-GMO** and our planet.

Questions?

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PREPARE & SERVE • RECIPE ON BACK

PLANT-BASED ALTERNATIVE