

Product: Texas Style Vegetarian Bar-B-Que

Ingred: Wheat Roast (wheat gluten, peanut butter, naturally brewed shoyu (water, organic soybeans, sea salt, whole wheat, alcohol (to preserve freshness)), nutritional yeast (pasteurized primary grown yeast, niacin, riboflavin (B2), thiamine hydrochloride(B1), pyridoxine hydrochloride (B6), cyanocobalamin (B12)), tomato paste, mustard (distilled vinegar, water, mustard seed, salt, tumeric, paprika), vinegar, honey naturally brewed shoyu, expeller pressed canola oil, molasses, lemon juice, salt, spices (NO MSG)

Serving Size: 4 oz

Calories: 80 Calories from Fat: 20
Amount per Serving: % Daily Value*:
Total Fat: 2g3%
Saturated Fat: 0g0%
Trans Fat: 0g0%
Cholesterol: 0mg0%
Sodium: 270mg11%
Total Carbohydrate: 9g3%
Dietary Fiber: 1g4%
Sugars: 1g Protein: 7g
Vitamin A:0%
Calcium:0%
Vitamin C:4%
Iron:2%

*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Product: Vegetarian Tamales

Ingred: Corn masa, wheat gluten, expeller pressed canola oil, water, salt, spices (NO MSG)

Serving Size: 2 tamales

Calories: 260 Calories from Fat: 110
Amount per Serving: % Daily Value*:
Total Fat: 12g18%
Saturated Fat: 1g5%
Trans Fat: 0g0%
Cholesterol: 0mg0%
Sodium: 380mg18%
Total Carbohydrate: 26g9%
Dietary Fiber: 15g60%
Sugars: 1g Protein: 13g
Vitamin A:10%
Calcium:6%
Vitamin C:4%
Iron:8%

*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Product: Chipotle-Mushroom Tamales

Ingred: Corn masa, whole corn, mushrooms, tomato paste, water, expeller pressed canola oil, organic rice syrup, vinegar, salt, spices (NO MSG)

Serving Size: 2 tamales

Calories: 320 Calories from Fat: 135
Amount per Serving: % Daily Value*:
Total Fat: 10g15%
Saturated Fat: 1g5%
Trans Fat: 0g0%
Cholesterol: 0mg0%
Sodium: 260mg11%
Total Carbohydrate: 54g19%
Dietary Fiber: 2g1%
Sugars: 1g Protein: 7g
Vitamin A:35%
Calcium:6%
Vitamin C:13%
Iron:43%

*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Product: Sweet Potato Pecan Tamales

Ingred: Corn masa, sweet potatoes, pecans, expeller pressed canola oil, water, salt, spices (NO MSG)

Serving Size: 2 tamales

Calories: 310 Calories from Fat: 130
Amount per Serving: % Daily Value*:
Total Fat: 11g16%
Saturated Fat: 3g15%
Trans Fat: 0g0%
Cholesterol: 0mg0%
Sodium: 490mg21%
Total Carbohydrate: 51g17%
Dietary Fiber: 0g0%
Sugars: 10g Protein: 5g
Vitamin A:175%
Calcium:7%
Vitamin C:14%
Iron:35%

*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Here's what our customers have to say:

April 24, 2006 - Hey there! I know I sound silly for writing this, but I'm obsessed with your 'Wheat Roast'. I've been a vegan for 14 years, and have never found a food that satisfies the protein craving of my body and taste need. Some days I go through an entire loaf; grilled for breakfast, chopped up in salad for lunch and with veggies at night. I am a huge supporter of everything your company strives for and represents! - Vanessa

March 29, 2005 - Thank you for making delicious, nutritional products for people who care. Some of us really appreciate what you do. "It is only with the heart that one can see rightly. What is essential is invisible to the eye" - Antoine de Saint Exupery
- Kathy, Austin, TX

June 6, 2005 - I must admit, this is the first time that I have ever been so impressed by a product that I wanted to give a testimonial. We had the privilege of living in the beautiful country of Bulgaria for two and a half years. Because of this, we became quite accustomed to eating the yogurt produced there. Since being back for a little over a year, we have tried many "Bulgarian" imitations but they all pale in comparison to yours. When I tasted it today for the first time, I was utterly amazed. The taste is very authentic. I was almost brought back to the country itself. Thank you so much for making this wonderful yogurt and giving us a taste of Bulgaria in America!! - John and Laura

February 25, 2003 - ...I really enjoy your eggless (tofu) dip and your original. They are wonderful. They are perfect for the vegan on the run, and I thank you for helping us to live a little healthier...and providing great tasting alternatives to cottage cheese, and egg salad. - Michael

March 5, 2003 - Just a quick note to say how much I love your stuff! Haven't tried everything, but I consume at least one of these a day...wheat roast, cottage tofu, egg-less egg salad, hot tdu dip. I'm not a vegetarian - they just plain taste great!
- Bethany, Austin, TX

April 29, 1999 - For about 2 months now I've become addicted to your wonderful Tofu No-Egg Salad. It is unbelievably good!! Since I discovered it I've put several friends onto it too and now they're addicted as well! - Jan, San Antonio, TX

For more information contact:

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White Mountain Foods Product Facts

At White Mountain Foods our mission is a simple one: produce good tasting, minimally processed, non-engineered, additive free, organic when possible, ready-to-eat food products. We use no MSG, no preservatives, coloring agents, thickeners, ph modifiers, flavorings or taste or texture enhancers. We use no artificial sweeteners or sweeteners that depress the immune system, preferring to use honey or organic rice syrup.

What is on the label is what is in the food...period. We do not make claims on our labels about our food that we cannot verify. The final judge of the quality and benefit of our food is our customers, so how our food makes you feel is what is important.

White Mountain Foods products can be incorporated into your everyday diet as staple food items. Most-ready-to-eat foods have been engineered for taste, texture, shelf life and profit, and are more of an entertainment item, usually causing more damage than any positive nutrition they may provide. Our bodies can feel the difference. White Mountain Foods products are as much a part of our customers diet as water, bread, meat vegetables and fruit.