THE TRUTH IS, IF YOU KNOW HOW TO COOK BEEF FROM COWS, YOU KNOW HOW TO COOK IMPOSSIBLE. WE BOTH KNOW YOU DON’T NEED THIS GUIDE.

If you ever need Impossible inspiration, check out the Impossible Culinary Video.
MEAT ON A MISSION

We’re transforming the global food system by turning plants into delicious, nutritious, sustainable meat. Compared to beef from cows, Impossible has a tiny carbon footprint:

- **Less Land**
- **Less Water**
- **Fewer Greenhouse Gas Emissions**
Impossible meat is made from simple things you know plus a magic ingredient you may not have heard of....heme. It’s a basic building block of life on Earth and it’s what makes Impossible meat cook and taste gloriously meaty.

WATER, SOY PROTEIN CONCENTRATE, COCONUT OIL, SUNFLOWER OIL, NATURAL FLAVORS, 2% OR LESS OF: POTATO PROTEIN, METHYLCELLULOSE, YEAST EXTRACT, CULTURED DEXTROSE, FOOD STARCH MODIFIED, SOY LEGHEMOGLOBIN, SALT, SOY PROTEIN ISOLATE, MIXED TOCOPHEROLS (VITAMIN E), ZINC GLUCONATE, THIAMIN HYDROCHLORIDE (VITAMIN B1), SODIUM ASCORBATE (VITAMIN C), NIACIN, PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), RIBOFLAVIN (VITAMIN B2), VITAMIN B12.

• CONTAINS: SOY
• HALAL AND KOSHER CERTIFIED

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Serving size</th>
<th>4 oz (113g)</th>
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<tbody>
<tr>
<td>Amount per serving</td>
<td>240</td>
</tr>
<tr>
<td>Calories</td>
<td>% Daily Value*</td>
</tr>
<tr>
<td>Total Fat</td>
<td>14g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>8g</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
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<tr>
<td>Cholesterol</td>
<td>0mg</td>
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<tr>
<td>Sodium</td>
<td>370mg</td>
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<tr>
<td>Total Carbohydrate</td>
<td>9g</td>
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<tr>
<td>Dietary Fiber</td>
<td>3g</td>
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<tr>
<td>Total Sugars</td>
<td>&lt;1g</td>
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<tr>
<td>Includes &lt;1g Added Sugars</td>
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</tr>
<tr>
<td>Protein</td>
<td>19g</td>
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<tr>
<td>Vitamin D</td>
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<tr>
<td>Calcium</td>
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<tr>
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<td>Potassium</td>
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<tr>
<td>Thiamin</td>
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<tr>
<td>Riboflavin</td>
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<tr>
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<tr>
<td>Vitamin B6</td>
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<tr>
<td>Folate</td>
<td>115mcg DFE</td>
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<td>Vitamin B12</td>
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<tr>
<td>Phosphorus</td>
<td>180mg</td>
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<tr>
<td>Zinc</td>
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*The % Daily Value 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 nutrition advice.
**FREEZING/DEFROSTING**

Impossible meat defrosts a little slower than conventional beef. Simply place in the refrigerator for about 24 hours before you intend to use it. We do not recommend thawing Impossible meat by immersing in water. Do not thaw and refreeze.

**GENERAL HANDLING**

Working with Impossible meat from a cold, refrigerated state is highly recommended for best performance.

Like beef, chefs may choose to serve Impossible meat at various degrees of doneness and it should be handled with the same caution. Chefs and FOH Staff should inform consumers of the risks of consuming raw or undercooked foods as directed by local health departments. Impossible meat is fully cooked when internal temperature is 160°F.

**SHELF LIFE & RECOMMENDED STORAGE**

Impossible meat is perishable and should be kept frozen or refrigerated.

Store thawed Impossible meat in a refrigerator for a maximum of 10 days unopened or 3 days opened.

We recommend storage of open packages in airtight containers to reduce exposure to oxygen.

**FOOD SAFETY & SANITATION**

Treat Impossible meat like any other protein and follow the food safety guidelines of your restaurant. You already know this, but we had to say it.
COOK WITH IMPOSSIBLE™

IMPOSSIBLE BURGERS

Impossible can be cooked on a variety of surfaces, including flat top griddles, open flame grills and sauté pans. Gently place Impossible patties on a pre-heated surface and cook for 2-3 minutes per side or until a slight sear has formed. Cook to desired internal temperature and serve.

THE IDEAL CRUST

Searing greatly improves flavor and texture. Just like regular beef, at high temperatures, you can over-char or overcook it. Impossible meat performs best when cooked to medium and slightly browned.
There are multiple ways to assess the doneness for burgers made with Impossible meat. We found the typical “touch test” works great to assess firmness, as well as using color to gauge the desired doneness of the meat.
MAKE ANYTHING IMPOSSIBLE™

Want to add more plant-based items to your menu? Here are some ideas to get you started:

SAUTÉING

Preheat a pan, then crumble Impossible meat and let it cook undisturbed until it starts to brown. Add seasoning of your choice, stir and cook for an additional few minutes until cooked through or until desired doneness. Serve and enjoy!

BAKING/ROASTING

You can bake or roast Impossible meat in an oven the same way you would ground beef. We suggest oven temperatures between 350-400 °F. A few of our favorite recipes include meatballs, lasagna and meatloaf.
For your favorite soup and sauce recipes, we recommend browning the meat in the pan before adding any liquid, just as you would with ground beef. Because Impossible meat does not release as much water during cooking, there is no need to drain excess liquid after browning.

FILLINGS
Impossible meat can be used in dishes like ravioli, dumplings and pastries exactly as you would use ground beef from cows.

BRAISING
Impossible meat can also be braised to infuse your desired flavors and typically does not take as long to braise as conventional beef. We recommend browning the meat in the pan before adding the liquid.

SOUPS & SAUCES
For your favorite soup and sauce recipes, we recommend browning the meat in the pan before adding any liquid, just as you would with ground beef. Because Impossible meat does not release as much water during cooking, there is no need to drain excess liquid after browning.
IMAGINE THE IMPOSSIBILITIES!
SEE?! WE TOLD YOU,
YOU DIDN'T NEED THIS GUIDE.

For even more ideas, visit impossiblefoods.com/foodservice
or contact hello@impossiblefoods.com
Si sabe cómo cocinar carne de vaca, usted sabe cómo cocinar los productos de Impossible. Impossible se cocina y sabe como carne de vaca, ¡pero está hecha de plantas!

¿Qué lo hace tan IMPOSSIBLE?

La carne de Impossible está hecha principalmente de proteína de soja, aceite de coco y aceite de girasol, con hemo. Hemo es el ingrediente “mágico” que hace que nuestra carne cocida se cocine como carne de vaca y tenga el mismo sabor. Para obtener la información nutricional y la lista de ingredientes más actualizada, visite Impossiblefoods.com/FAQ.

MANIPULACIÓN IMPOSSIBLE

La carne de Impossible es perecedera y debe mantenerse congelada o refrigerada. Mantenga el producto congelado hasta que esté listo para usarlo y cocine antes de la fecha de caducidad indicada. Descongele en el refrigerador durante 24 horas antes de usar y guarde refrigerado durante un máximo de 10 días sin abrir o 3 días abierto. La carne de Impossible no debe descongelarse en agua.

Trabajar con la carne de Impossible a partir de un estado frío, refrigerado es lo más recomendado para obtener mejores resultados.
COCINAR CON IMPOSSIBLE®

Impossible se puede cocinar en una variedad de superficies, incluidos la parrilla con llama abierta, la plancha, el hierro fundido, la superficie antiadherente y el acero inoxidable.

Coloque con cuidado 4 onzas de hamburguesas Impossible sobre una superficie precalentada y cocine durante 2-3 minutos de cada lado o hasta que haya formado un leve dorado. La carne de Impossible se cocina totalmente a una temperatura interna de 160 °F. Se obtiene mejores resultados de medio cocida a media y ligeramente dorada.*

Tenga en cuenta que la carne de Impossible no se reduce como la carne de vaca, de manera que las hamburguesas se deben hacer al tamaño deseado terminado.

IMAGINE LAS IMPOSSIBILITIES

La carne de Impossible es un ingrediente versátil y puede usarse en todas las mismas aplicaciones que la carne de vaca convencional. Ofrece buenos resultados con una amplia gama de especias y plantas aromáticas.

• Para hornear y asar, se recomienda una temperatura de horno entre 350 y 400 °F.
• Para saltear, dore primero en una sartén caliente, agregue aderezos, luego remueva y cocine.
• Para sopas y salsas, dore la carne antes de agregar cualquier líquido.

*El consumo de aves, mariscos, huevos o carnes crudas o poco cocidas puede aumentar su riesgo de intoxicación alimentaria, especialmente si tiene ciertas afecciones médicas.

Para una inspiración y guía culinaria en profundidad, visite IMPROSSIBLEFOODS.COM/Foodservice

O comuníquese con nosotros en HELLO@IMPOSSIBLEFOODS.COM