



KARANATM

A BITE-SIZED

INTRODUCTION

KARANA MAKES DELICIOUS AND VERSATILE PLANT-BASED MEATS FROM INGREDIENTS THAT ARE GOOD TO EAT AND GROW AND ADD MORE DIVERSITY TO OUR AGRICULTURAL SYSTEMS AND DIETS.

At KARANA we love good food and knowing where it comes from, we focus on crops that support biodiversity, are farmer-friendly and regeneratively-farmed and craft them into products that are meaty and versatile, nutritious and delicious.



ALL HAIL THE MIGHTY JACKFRUIT

BECAUSE THE NO.1 INGREDIENT IN OUR FIRST PRODUCTS REALLY IS JUST THAT - A HERO.



GOOD TO GROW

REGENERATIVE-CROP, SUPPORTS BIODIVERSITY:

- Easy to grow, resilient, perennial tree crop, shades higher value crops, supports soil health.

SUPPORTS COMMUNITIES:

- Farmers gain additional income as 70% typically goes to waste.

GOOD TO EAT

UNBELIEVABLY MEATY & DELICIOUS:

- 100% plant-based
- Fibrous texture + neutral texture=shockingly meat-like
- Gluten-free & Soy-free

NO COMPROMISE FOR TASTE & NOURISHMENT:

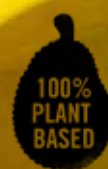
- Minimally processed
- A good source of fiber, protein
- Non-GMO,
- No artificial colours or flavours,
- Vegan

FINDING THE EXTRAORDINARY IN THE ORDINARY

Central to our approach is to lead with whole young jackfruit that are minimally processed.

Our team of foodies worked their magic, naturally, to take jackfruit to the next level, enhancing its meaty texture, while retaining the integrity and benefits of the whole plant.

Now plant-based culinary adventures are limitless and delicious.



LET'S GET COOKING

KARANA MINCED jackfruit meat

- 100% plant-based
- Meaty & delicious.
- Processed just a little bit.
- Perfect for shaping into patties, meatballs, kebabs and is suitable for pan-frying, roasting, breading, and baking in various culinary applications
- Jackfruit grabs onto sauces, spices and seasoning and flavours cling to the neutrally flavoured meaty texture
- Light umami taste.

INGREDIENTS

KARANA Jackfruit (young jackfruit), pea protein, canola oil, methylcellulose, salt, natural flavour, vegetable juice (colour), citric acid.

SHELF LIFE

1 year from date of manufacture

CASE PACK

10 x 1 kg

NET WEIGHT

10 kg

NUTRITION FACTS

Serving Size 1/2 Cup(113g)

Amount per serving
Calories 170

% Daily Values*

Total Fat 12g	15%
Saturated Fat 1g	5%
Trans Fatty Acid 0g	
Cholesterol 0mg	0%
Sodium 290mg	13%
Total Carbohydrates 9g	3%
Dietary Fiber 5g	18%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 8g	16%
Vitamin D 0mcg	0%
Calcium 52mg	4%
Iron 3mg	15%
Potassium 142mg	4%

*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 nutrition advice.

KARANA GYOZA filled with juicy meat made from jackfruit

- Filled with juicy meat made from jackfruit with a hint of fresh cabbage, ginger, and green onion.
- 100% plant-based.
- Ready to cook.
- Perfect for pan-frying, steaming, boiling and deep frying.
- Ready in 4 to 8 minutes.

INGREDIENTS

Filling: KARANA™ MINCED jackfruit meat [KARANA Jackfruit (young jackfruit), pea protein, canola oil, methylcellulose, salt, yeast extract, vegetable juice (colour), citric acid], cabbage, green onion, ginger, tapioca starch, canola oil, soy sauce (water, soybeans, salt, wheat flour), sesame oil, salt, yeast extract.

Skin: wheat flour, water, soy bean oil, soy protein, corn starch

SHELF LIFE

2 years from date of manufacture

CASE PACK

900g x 10 (50 pcs)

NET WEIGHT

9 kg

NUTRITION FACTS

Serving Size 2 pieces (36g)
Serving per package 8 pieces

Calories 170

	Per Serving	Per 100g
Energy	258kj/62kcal	718kj/171kcal
Total Fat	2.1g	5.9g
- Saturated Fat	0.2g	0.7g
- Trans Fatty Acid	0g	0g
- Cholesterol	0mg	0mg
Sodium	121mg	336mg
Total Carbohydrates	8.6g	24g
- Sugar	0.1g	0.3g
Dietary Fiber	0.9g	2.4g
Protein	2.0g	5.7g
Salt	0.30g	0.84g

*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 nutrition advice.

LET'S DO THIS

INTERESTED IN ORDERING?

FILL OUT YOUR DETAILS
VIA THE QR CODE



OR CONTACT

ALASTAIR@EATKARANA.COM

REACH OUT FOR

- RECIPE STARTER IDEAS
- CULINARY GUIDE
- FRONT OF HOUSE GUIDE
- POINT OF SALE MATERIALS
- PRODUCT SPEC SHEET



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