

Nutrition Facts

Serving Size 50g (1.8 oz)

Serving Per Container **10**

Amount Per Serving

Calories 180

Calories from Fat 5

% Daily Value*

Total Fat 1g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 380mg **16%**

Total Carbohydrate 35g **12%**

Dietary Fiber 3g **12%**

Sugars 3g

Protein 7g

Vitamin A 15% • Vitamin C 50%

Calcium 4% • Iron 8%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

2,000 2,500

Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 Carbohydrate 4 Protein 4

Ingredients: Rice, textured vegetable protein (soy flour, caramel color), pre-cooked black beans, green peas, beef imitation seasoning blend (salt, maltodextrin, potassium chloride, cornstarch, sugar, monosodium glutamate, partially hydrogenated vegetable oil (cottonseed, soybean), hydrolyzed soy protein, autolyzed yeast extract, caramel color, onion powder, parsley, spice, disodium inosinate and disodium guanylate), corn, carrot, onion, red bell pepper, jalapeno powder, salt. **CONTAINS SOY.**

Product code:
205 - 0.5

