

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 0.5g 1%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 270mg 11%

Total Carbohydrate 35g 12%

Dietary Fiber 3g 12%

Sugars 3g

Protein 7g

Vitamin A 20% • 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), pre-cooked pinto beans, green peas, chicken imitation seasoning blend (salt, maltodextrin, potassium chloride, cornstarch, sugar, monosodium glutamate, sugar, garlic and onion powder, partially hydrogenated vegetable oil (cottonseed, soybean), hydrolyzed soy protein, autolyzed yeast extract, parsley, turmeric, disodium inosinate and disodium guanylate, oleoresin turmeric, spice extractive), carrot, corn, onion, red bell pepper, jalapeno powder. **CONTAINS SOY.**

Product code:
206 - 0.5

