

# Nutrition Facts

Serving Size 50g ( 1.8 oz )

Serving Per Container 10

Amount Per Serving

**Calories** 170

Calories from Fat 5

**% Daily Value\***

**Total Fat** 0.5g 1%

Saturated Fat 0g 0%

*Trans* Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 660mg 28%

**Total Carbohydrate** 34g 11%

Dietary Fiber 3g 10%

Sugars 2g

**Protein** 8g

Vitamin A 4% • Vitamin C 2%

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), seasoning blend (dehydrated vegetables (peas, carrot, broccoli, onion, garlic, celery), salt, maltodextrin, hydrolyzed corn and soy protein, monosodium glutamate, sugar, soy sauce (wheat, soybeans, salt), brown sugar, partially hydrogenated soybean oil, caramel color, natural flavors, disodium inosinate and disodium guanylate. **CONTAINS SOY AND WHEAT.**

Product code:  
215 - 0.5

