

# Nutrition Facts

Serving Size 20g ( 0.7 oz )

Serving Per Container **25**

Amount Per Serving

**Calories** 70

Calories from Fat 0

**% Daily Value\***

**Total Fat** 0g **0%**

Saturated Fat 0g **0%**

*Trans Fat* 0g

**Cholesterol** 0mg **0%**

**Sodium** 100mg **4%**

**Total Carbohydrate** 13g **4%**

Dietary Fiber 2g **10%**

Sugars 1g

**Protein** 4g

Vitamin A 15% • Vitamin C 2%

Calcium 2% • 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:** Lentil, rice, textured vegetable protein (soy flour, caramel color, zinc oxide, ferrous sulfate, niacinamide, calcium pantothenate, pyridoxine hydrochloride, riboflavin, thiamine mononitrate, vitamin A palmitate, vitamin B12), potato, onion, 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), carrot. **CONTAINS SOY.**

Product code:  
405 - 0.5

