

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 105mg **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, 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.
CONTAINS SOY.

Product code:
406 - 0.5

