

Nutrition Facts

8 servings per container
Serving size 1/4 Cup (38g) Dry
 (about 1/2 Cup prepared)

Amount per serving
Calories 140
 % Daily Value*

Total Fat 6g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 870mg	38%
Total Carbohydrate 11g	4%
Dietary Fiber 5g	18%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 14g	
Vitamin D 0mcg	0%
Calcium 90mg	6%
Iron 3mg	15%
Potassium 677mg	15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: taco flavored textured vegetable protein (textured vegetable protein [soy flour, caramel color], soybean oil, salt, autolyzed yeast, spices, dextrose, onion, garlic, paprika).

Contains Soy.

Net WT. 10.7 oz (302g)

Contains a bioengineered food ingredient: Textured Vegetable Protein

