

Nutrition Facts

Serving Size 2oz (57g) dry
Servings Per Container 4

Amount Per Serving	2oz Serving	3.5oz Serving
Calories	190	340
Calories from Fat	35	60
	% Daily Value*	% Daily Value*
Total Fat	3.5g 6%	6g 10%
Saturated Fat	0g 0%	0.5g 4%
Trans Fat	0g	0g
Cholesterol	0mg 0%	0mg 0%
Sodium	60mg 3%	110mg 4%
Total Carb	32g 11%	56g 19%
Dietary Fiber	8g 30%	13g 53%
Sol Fiber	3g	5g
Insol Fiber	5g	8g
Sugars	5g	9g
Protein	14g 28%	25g 50%
Vitamin A	0%	0%
Vitamin C	0%	0%
Calcium	4%	6%
Iron	30%	50%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated 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

Ingredients: Chickpeas, Tapioca, Pea Protein, Xanthan Gum.

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Made at our plant in
Riverside, California

