

INGREDIENTS: Water, organic wheat gluten, organic navy beans, chick peas, liquid smoke, spices, soy sauce, organic sunflower oil, maple syrup, organic cane sugar, salt, black pepper.

01/10/2020

Nutrition Facts	
Per (75 g)	
Calories 140	% Daily Value*
Fat 2.5 g	3 %
Saturated 0.3 g	2 %
+ Trans 0 g	
Carbohydrate 13 g	
Fibre 3 g	11 %
Sugars 2 g	2 %
Protein 15 g	
Cholesterol 0 mg	
Sodium 450 mg	20 %
Potassium 250 mg	5 %
Calcium 40 mg	3 %
Iron 1.75 mg	10 %
Vitamin A 40 µg	4 %
*5% or less is a little , 15% or more is a lot	

Contains Gluten, Soy, Wheat.