

INGREDIENTS: organic wheat gluten, Water, onion, organic adzuki beans, Apple cider vinegar, garlic, pearl barley, organic sunflower oil, paprika, fennel seeds, salt, chili flakes, natural flavor, black pepper.

01/09/2020

Nutrition Facts

servings per container

Serving size (30g)

Amount per serving

Calories **60**

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 200mg **9%**

Total Carbohydrate 5g **2%**

Dietary Fiber 1g **4%**

Total Sugars 1g

Includes 0g Added Sugars **0%**

Protein 8g

Vitamin D 0mcg 0%

Calcium 23mg 2%

Iron 1mg 6%

Potassium 76mg 2%

*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.

Contains: Gluten,

May also contain: Soy, sesame