

Nutrition Facts

48 servings per container

Serving size 1.25 cups (125g)

Amount per serving
Calories 500

	% Daily Value*
Total Fat 18g	23%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 96mg	4%
Total Carbohydrate 147g	53%
Dietary Fiber 12g	43%
Total Sugars 13g	
Includes 0g Added Sugars	0%
Protein 22g	
Vitamin D 0mcg	0%
Calcium 230mg	18%
Iron 10mg	56%
Potassium 1440mg	31%

* The % Daily Value (DV) 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: Rolled oats, carrot, potato, pumpkin seeds (ground), garbanzo beans (precooked, dried), broccoli, organic kale, golden flax seeds (ground), turmeric, black pepper