

# 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