

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