

# 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