



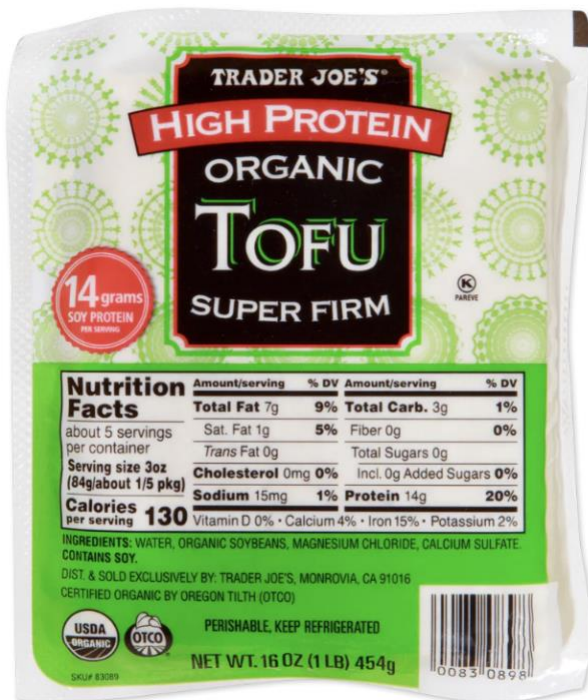
SERVES 1	AMOUNT	%DV
Total Fat	10 g	13%
Saturated Fat	2.0 g	10%
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	210 mg	9%
Total Carbohydrate	34 g	12%
Dietary Fiber	6 g	21%
Total Sugars	13 g	
Includes	0 g Added Sugars	0%
Protein	12 g	
Vitamin D	0.0 mcg	0%
Calcium	30 mg	2%
Iron	1.5 mg	8%
Potassium	290 mg	6%



SERVES ABOUT 3	AMOUNT	%DV
Total Fat	6 g	8%
Saturated Fat	0.5 g	3%
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	240 mg	10%
Total Carbohydrate	18 g	7%
Dietary Fiber	3 g	11%
Total Sugars	9 g	
Includes	6 g Added Sugars	12%
Protein	3 g	
Vitamin D	0.0 mcg	0%
Calcium	50 mg	4%
Iron	1.2 mg	6%
Potassium	280 mg	6%



SERVES 8	AMOUNT	%DV
Total Fat	5 g	6%
Saturated Fat	3.0 g	15%
Trans Fat	0 g	
Cholesterol	20 mg	7%
Sodium	320 mg	14%
Total Carbohydrate	5 g	2%
Dietary Fiber	0 g	0%
Total Sugars	3 g	
Includes	0 g Added Sugars	0%
Protein	12 g	
Vitamin D	0.2 mcg	0%
Calcium	100 mg	8%
Iron	0.0 mg	0%
Potassium	100 mg	2%



0 g Added Sugars

3 oz (84g/ about 1/5 pkg)

CALORIES PER SERVING

130

SERVES ABOUT 5	AMOUNT	%DV
Total Fat	7 g	9%
Saturated Fat	1.0 g	5%
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	15 mg	1%
Total Carbohydrate	3 g	1%
Dietary Fiber	0 g	1%
Total Sugars	0 g	
Includes	0 g Added Sugars	0%
Protein	14 g	
Vitamin D	0.0 mcg	0%
Calcium	60 mg	4%
Iron	2.7 mg	15%
Potassium	110 mg	2%



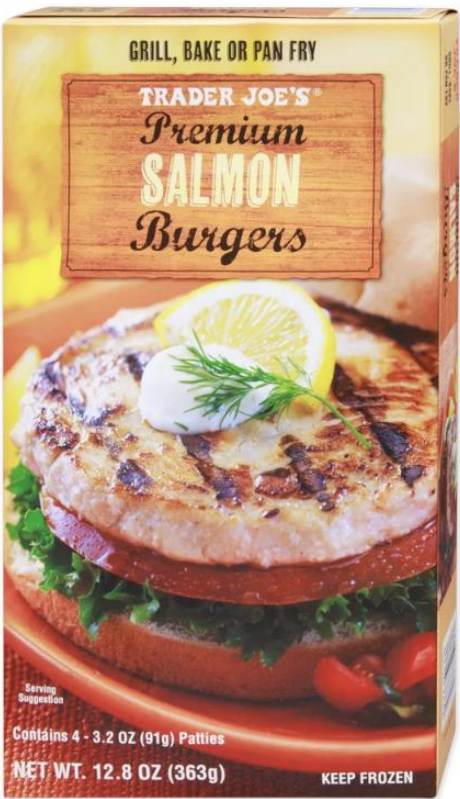
SERVING SIZE

1 bowl (330g)

CALORIES PER SERVING

370

SERVES 1	AMOUNT	%DV
Total Fat	10 g	13%
Saturated Fat	4.5 g	23%
Trans Fat	0 g	
Cholesterol	55 mg	18%
Sodium	630 mg	27%
Total Carbohydrate	51 g	19%
Dietary Fiber	9 g	32%
Total Sugars	2 g	
Added Sugars	0 g Added Sugars	0%
Protein	22 g	
Vitamin D	0.0 mcg	0%
Calcium	130 mg	10%
Iron	2.6 mg	15%
Potassium	690 mg	15%



SERVING SIZE

1 Burger

CALORIES PER SERVING

100

SERVES 4	AMOUNT	%DV
Total Fat	3 g	4%
Saturated Fat	0.5 g	3%
Trans Fat	0 g	
Cholesterol	20 mg	7%
Sodium	330 mg	14%
Total Carbohydrate	3 g	1%
Dietary Fiber	0 g	0%
Total Sugars	1 g	
Includes	1 g Added Sugars	2%
Protein	15 g	30%
Vitamin D	20.9 mcg	100%
Calcium	0 mg	0%
Iron	0.3 mg	0%
Potassium	320 mg	6%