

Ingredients: WATER, SOY PROTEIN CONCENTRATE (27%), SUNFLOWER OIL, NATURAL FLAVORS, CONTAINS 2% OR LESS OF: VEGETABLE JUICE (COLOR), CARRAGEENAN, METHYLCELLULOSE, VITAMIN B12. CONTAINS: SOY.

Nutrition Facts per 4 oz (113g): Calories 180, Total Fat 8g (10% DV), Saturated Fat 0.9g (5% DV), Trans Fat 0g, Cholesterol 0mg (0% DV), Sodium 350mg (15% DV), Total Carbohydrate 9g (3% DV), Dietary Fiber 7g (25% DV), Total Sugars 2g, Includes 0g Added Sugars (0% DV), Protein 20g (40% DV), Vitamin D 0mg (0% DV), Calcium 0mg(0% DV), Potassium 0mg (0% DV), Vitamin B12 (60% DV).

*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.