

Nutrition Facts

Serving size 4 oz (113g)

Amount per serving

Calories 240

% Daily Value*

Total Fat 14g 18%

Saturated Fat 8g 40%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 370mg 16%

Total Carbohydrate 9g 3%

Dietary Fiber 3g 11%

Total Sugars <1g

Includes <1g Added Sugars 1%

Protein 19g 31%

Vitamin D 0mcg 0%

Calcium 170mg 15%

Iron 4.2mg 25%

Potassium 610mg 15%

Thiamin 2350%

Riboflavin 15%

Niacin 50%

Vitamin B₆ 20%

Folate 30%

Vitamin B₁₂ 130%

Phosphorus 15%

Zinc 50%

*The % Daily Value 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: Water, Soy Protein Concentrate, Coconut Oil, Sunflower Oil, Natural Flavors, 2% Or Less Of: Potato Protein, Methylcellulose, Yeast Extract, Cultured Dextrose, Food Starch Modified, Soy Leghemoglobin, Salt, Mixed Tocopherols (Antioxidant), Soy Protein Isolate, Vitamins and Minerals (Zinc Gluconate, Thiamine Hydrochloride (Vitamin B1), Niacin, Pyridoxine Hydrochloride (Vitamin B6), Riboflavin (Vitamin B2), Vitamin B12).