

Nutrition Facts

About 2.5 servings per container

Serving size 3 oz (84g)

Amount per serving
Calories 150

% Daily Value*

Total Fat 6g **7%**

Saturated Fat 1g **4%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 15mg **1%**

Total Carbohydrate 8g **3%**

Dietary Fiber 6g **20%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

Protein 18g **35%**

Vitamin D 0mcg 0%

Calcium 90mg 6%

Iron 1.5mg 8%

Potassium 240mg 6%

*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:

CULTURED ORGANIC SOYBEANS (SOYBEANS, LACTIC ACID FROM PLANT SOURCES),
WATER, ORGANIC BROWN RICE.
CONTAINS: SOY.