

Nutrition Facts

Serving Size 1 (293g)

Serving Per Container About 10

Amount Per Serving

Calories 510

Calories from Fat 110

%Daily Value*

Total Fat 12g **18%**

Saturated Fat 2g **9%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 1030mg **43%**

Total Carbohydrate 72g **24%**

Dietary Fiber 10g **39%**

Sugars 4g

Protein 30g **60%**

Vitamin A 630% • Vitamin C 40%

Calcium 390% • Iron 30%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Ingredients: Pasta, dry, enriched, Soup, vegetable broth, ready to serve, Beans, kidney, mature seeds, sprouted, raw, Beans, black, mature seeds, raw, Tomato, canned, diced, fire roasted, GO VEGGIE Lactose Free Rice Mozzarella Flavor Shreds, GO VEGGIE Lactose Free Cheddar Shreds, Onions, raw, Peppers, jalapeno, raw, Oil, olive, salad or cooking, Spices, chili powder, Garlic, raw