

Nutritional Facts

Serving Size: 1/4 cup (28g)

Servings Per Container: 16

Amount Per Serving

% Daily Value

Calories	120	
Calories from Fat	50	
Total Fat	6 g	9 %
Saturated Fat	1 g	5 %
Trans Fat	0 g	0 %
Cholesterol	0 mg	0 %
Sodium	0 mg	0 %
Total Carbohydrate	8 g	3 %
Dietary Fiber	3 g	12 %
Sugars	2 g	N/A
Protein	10 g	20 %
Vitamin A		0 %
Vitamin C		2 %
Calcium		0 %
Iron		25 %

* Percent Daily Values (DV) are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Ingredients whole grain soy beans