Nutrition Facts

Serving size **114g**

Amount per serving

Calories **250**

	% Daily Value*
Total Fat 7g	**9%**
Saturated Fat 3.5g	**17%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 180mg	**8%**
Total Carbohydrate 31g	**11%**
Dietary Fiber 6g	**20%**
Total Sugars 6g	
Includes 2g Added Sugars	**4%**
Protein 17g	**31%**
Vitamin D 0.2mcg	0%
Calcium 50mg	4%
Iron 3mg	15%
Potassium 310mg	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: SWEET POTATO PUREE, BUCKWHEAT, NUTRITIONAL YEAST PROTEIN, SWEET CORN, TEXTURED SOY PROTEIN, CRISPY RICE, COCONUT OIL, TAPIOCA STARCH, PUMPKIN SEEDS, MAPLE SYRUP, GROUND FLAXSEED, APPLE CIDER VINEGAR, NUTRITIONAL YEAST, ONION POWDER, CURRY POWDER, GARLIC POWDER, CHIA SEEDS, ROASTED GARLIC ONION CONCENTRATE, SALT.

Contains: Soy.

Updated: 11-21-2026