

Nutrition Facts

Per (641 g)

Calories 990

% Daily Value*

Fat 38 g 51 %

Saturated 10 g 48 %

+ Trans 0 g

Carbohydrate 136 g

Fibre 19 g 66 %

Sugars 13 g 13 %

Protein 31 g

Cholesterol 35 mg

Sodium 920 mg 40 %

Potassium 1550 mg 33 %

Calcium 300 mg 25 %

Iron 7 mg 38 %

*5% or less is **a little**, 15% or more is **a lot**

Ingredients: Grains, rice, brown, medium-grain, dry, Beans, black turtle, mature seeds, canned, solids and liquid, Soybeans, green (edamame), frozen, prepared, Corn, sweet, yellow, frozen, kernels cut off the cob, boiled, drained, Tomato, red, ripe, raw, year round average, Mushroom, straw, canned, drained solids, Pepper, sweet, red, sauteed, Squash, summer, zucchini, raw, FILTERED WATER, BALSAMIC VINEGAR, SUNFLOWER OIL, CIDER VINEGAR, EXTRA-VIRGIN OLIVE OIL, GARLIC, STONE-GROUND MUSTARD (WATER, MUSTARD SEED, SALT, WHITE WINE, CITRIC ACID, TARTARIC ACID, CLOVES, BAY LEAVES, CINNAMON), XANTHAN & ACACIA GUMS, SEA SALT, XANTHAN GUM, BLACK PEPPER., Avocado, raw, california, Cheese, feta

Contains: Milk, Mustard, Sulphites