

Nutrition Facts

Serving Size
1.0 ea

Calories
per serving **320**

Amount/serving	% DV	Amount/serving	% DV
Total Fat 4.5g	6%	Total Carb. 58g	21%
Saturated Fat 0g	0%	Fiber 7g	25%
<i>Trans Fat</i> 0g		Total Sugars 9g	
Cholesterol 0mg	0%	Incl.0g Added Sugars	0%
Sodium 550mg	24%	Protein 12g	
Vitamin D 0% · Calcium 6% · Iron 15% · Potassium 20%			

Tempeh Stew, Brown Rice, Steamed Carrots

Ingredients: carrot, water, red potato, brown rice, tempeh, yellow onion, carrot, celery, tomato paste, gluten free soy sauce, balsamic vinegar, rice flour, low sodium vegetable base, garlic, thyme, rosemary, red chili flakes, allspice

Contains Soy

Nutrition Facts

Serving Size
8.0 fl oz

Calories
per serving **140**

Amount/serving	% DV	Amount/serving	% DV
Total Fat 3.5g	4%	Total Carb. 20g	7%
Saturated Fat 0g	0%	Fiber 3g	9%
<i>Trans Fat</i> 0g		Total Sugars 4g	
Cholesterol 0mg	0%	Incl.0g Added Sugars	0%
Sodium 470mg	20%	Protein 8g	

Vitamin D 0% · Calcium 2% · Iron 10% · Potassium 8%

Tempeh Stew

Ingredients: red potato, tempeh, yellow onion, carrot, celery, tomato paste, gluten free soy sauce, balsamic vinegar, rice flour, low sodium vegetable base, garlic, thyme, rosemary, red chili flakes, allspice

Contains Soy

Nutrition Facts

Serving Size

0.5 cup

Calories
per serving **110**

Amount/serving	% DV
Total Fat 1g	1%
Saturated Fat 0g	0%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%

Amount/serving	% DV
Total Carb. 24g	9%
Fiber 1g	4%
Total Sugars 0g	
Incl.0g Added Sugars	0%
Protein 2g	

Vitamin D 0% · Calcium 0% · Iron 4% · Potassium 2%

Brown Rice

Ingredients: water, brown rice