

# Nutrition Facts

Serving Size  
5.0 oz (142g)

Calories  
per serving **710**

| Amount/serving  | % DV       | Amount/serving         | % DV       |
|---|------------|------------------------|------------|
| <b>Total Fat</b> 56g                                  | <b>72%</b> | <b>Total Carb.</b> 44g | <b>16%</b> |
| Saturated Fat 4.5g                                    | <b>22%</b> | Fiber 14g              | <b>50%</b> |
| <i>Trans Fat</i> 0g                                   |            | Total Sugars 12g       |            |
| <b>Cholesterol</b> 0mg                                | <b>0%</b>  | Incl.0g Added Sugars   | <b>0%</b>  |
| <b>Sodium</b> 610mg                                   | <b>27%</b> | <b>Protein</b> 24g     |            |
| Vitamin D 6% · Calcium 15% · Iron 25% · Potassium 30% |            |                        |            |

## Mushroom Nut Loaf with Vegan Mushroom Gravy

Ingredients: mushroom, cremini, yellow onion, water, slivered almonds, pecans, apple cider, walnuts, shitake mushroom, cornstarch, sorghum flour, shallots, minced garlic, mushroom base, thyme, kosher salt, rice flour, garlic, nutritional yeast, white pepper

Contains Soy, Tree nuts (Walnut)