

Nutrition Facts

Serving Size
1/2 cup

Calories
per serving **80**

Amount/serving

% DV

Total Fat 1g

1%

Saturated Fat 0g

0%

Trans Fat 0g

Cholesterol 0mg

0%

Sodium 90mg

4%

Amount/serving

% DV

Total Carb. 14g

5%

Fiber 0g

0%

Total Sugars 1g

Incl.0g Added Sugars

0%

Protein 1g

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

Mushroom Quinoa

Ingredients: water, white quinoa, mushroom, cremini, yellow onion, low sodium vegetable base, garlic, lemon juice, parsley, kosher salt, black pepper, thyme, rosemary, chives, bay leaf