

NOW Textured Soy Protein Granules

Nutrition Facts

Serving Size about 1/2 cup (28g)

Servings Per Container about 8

Amount Per Serving

Calories 110

Calories from Fat 20

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 8g **3%**

Dietary Fiber 4g **16%**

Sugars 3g

Protein 14g **28%**

Vitamin A 0% • Vitamin C 0%

Calcium 4% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Ingredients: Organic Textured Soy Protein from low fat soy flour (Non-GMO).