

Eco-Cuisine "Beef Style" Seitan Quick Mix

# Nutrition Facts

160 servings per container

**Serving size** (37g)

**Amount Per Serving**

**Calories** **150**

**% Daily Value\***

**Total Fat** 2.5g **3%**

Saturated Fat 0g **0%**

*Trans* Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 25mg **1%**

**Total Carbohydrate** 10g **4%**

Dietary Fiber 0g **0%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

**Protein** 23g

Vitamin D 0mcg **0%**

Calcium 47mg **4%**

Iron 2mg **10%**

Potassium 70mg **2%**

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.