

Eco-Cuisine Seitan Beef

Nutrition Facts

Serving Size 37g

Serving Per Container Varied

Amount Per Serving

Calories 140 Calories from Fat 20

% Daily Value *

Total Fat 2g **3%**

Saturated Fat 0g **2%**

Trans Fat 0g **0%**

Cholesterol 0mg **0%**

Sodium 35mg **1%**

Total Carbohydrate 10g **3%**

Dietary Fiber 2g **7%**

Sugars 0g

Protein 22g

Vitamin A 2% Vitamin C 0%

Calcium 2% Iron 6%

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