

Pacific Foods Ultra Soy Original

Nutrition Facts

4 servings per container

Serving size 1 Cup (240ml)

Amount Per Serving

Calories **140**

% Daily Value*

Total Fat 5g **6%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 125mg **5%**

Total Carbohydrate 13g **5%**

Dietary Fiber 0g **0%**

Total Sugars 10g

Includes 7g Added Sugars **14%**

Protein 10g **18%**

Vitamin D 2mcg 10%

Calcium 276mg 20%

Iron 0mg 0%

Potassium 512mg 10%

Vitamin A 133mcg 15%

Vitamin E 5mcg 35%

Riboflavin 0.5mg 40%

Vitamin B6 0.5mg 30%

Vitamin B12 1.5mcg 60%

Phosphorus 280mg 20%

Magnesium 61mg 15%

*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.