

NUTRITIONAL FACTS

Grainful

6-Pack of Meal Starter Kits

Tuscan Bean

Nutrition Facts

3.5 Servings Per Container

Serving Size About 1/3 Package (55g)

About 1 Cup Prepared

Amount Per Serving

Calories 200

% Daily Value*

Total Fat 3g **4%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 420mg **18%**

Total Carbohydrate 37g **13%**

Dietary Fiber 7g **25%**

Total Sugars 3g

Includes 0g Added Sugars **0%**

Protein 8g

Vitamin D 0mcg **0%**

Calcium 52mg **4%**

Iron 3.6mg **20%**

Potassium 282mg **6%**

* 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.

INGREDIENTS: 100% Whole Grain Steel Cut Oats, Red Beans, Tomato Powder, Granulated Garlic, Tomatoes, Salt, Oregano, Basil, Parsley.

NUTRITIONAL FACTS

Grainful

6-Pack of Meal Starter Kits

Tomato Risotto

Nutrition Facts

4 Servings Per Container

Serving Size 1/4 Package (57g)

About 1 Cup Prepared

Amount Per Serving

Calories 200

% Daily Value*

Total Fat 3g **4%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 330mg **14%**

Total Carbohydrate 39g **14%**

Dietary Fiber 6g **21%**

Total Sugars 6g

Includes 0g Added Sugars **0%**

Protein 7g

Vitamin D 0mcg 0%

Calcium 52mg 4%

Iron 2.7mg 15%

Potassium 470mg 10%

* 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.

INGREDIENTS: 100% Whole Grain Steel Cut Oats, Tomato Powder, Tomatoes, Salt, Granulated Garlic.

NUTRITIONAL FACTS

Grainful

6-Pack of Meal Starter Kits

Homestyle Cheddar

Nutrition Facts

4 Servings Per Container

Serving Size 1/4 Package (60g)

About 1 Cup Prepared

Amount Per Serving

Calories 250

% Daily Value*

Total Fat 7g **9%**

Saturated Fat 2.5g **13%**

Trans Fat 0g

Cholesterol <5mg **2%**

Sodium 650mg **28%**

Total Carbohydrate 38g **14%**

Dietary Fiber 4g **14%**

Total Sugars 8g

Includes 0g Added Sugars **0%**

Protein 9g

Vitamin D 0mcg **0%**

Calcium 130mg **10%**

Iron 1.8mg **10%**

Potassium 376mg **8%**

* 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.

INGREDIENTS: 100% Whole Grain Steel Cut Oats, Cheese Powder [Cheddar Cheese (Cultured Milk Solids, Salt and Enzymes), Whey Solids, Buttermilk Solids, Salt, and Lactic Acid].

CONTAINS: MILK.