

Veggie Chick

Nutrition Facts	
Servings per Container 2	
Serving size 5.75oz. (163g)	
Amount per serving	
Calories	385
<small>% Daily Value*</small>	
Total Fat 19g	30%
Saturated Fat 1g	5%
<i>Trans Fat</i> 0g	
Cholesterol 0g	0%
Sodium 240mg	13%
Total Carbohydrate 37g	12%
Dietary Fiber 4g	16%
Total Sugars 5g	
Includes 2g Added Sugars	4%
Protein 6g	
Vitamin D 0mg	0%
Iron 3.2mg	20%
Calcium 140mg	10%
Potassium 190mg	4%
<small>* 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.</small>	

Ingredients: Bun (Enriched Unbleached Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) Water, Olive Oil Blend (75% Canola Oil, 25% Olive Oil), Cultured Wheat Starch, Salt, Baker's Yeats, Dry Malt, Sunflower Seeds, Poppy Seeds, Crumb Softener (Wheat Flour Dextrose, Enzymes), Rolled Oats, Flax Seeds), Filling (Baked Tofu (Non-GMO Soybeans, Water, Magnesium Chloride), Vegenaïse (Expeller Pressed Canola Oil, Filtered Water, Brown Rice Syrup, Apple Cider Vinegar, Soy Protein, Sea Salt, Mustard Flour & Lemon Juice Concentrate), Carrots, Celery, Red Onions, Preservative Free Soy Sauce (Water, Soybeans, Wheat, Salt), Organic Cane Sugar, Bread Crumbs (Wheat Flour, Sugar, Yeast, Salt), Mustard (Organic Grain Vinegar, Water, Organic Mustard Seeds, Salt and Organic Spices) Parsley, Turmeric, Baker's Yeast Extract), Spinach.