

					Notes: <ul style="list-style-type: none"> • Sunflower seed butter (3 lb) may be added. • Garlic cloves – 34 cloves as purchased.
--	--	--	--	--	--

Serving Size	1 Serving Provides	Yield
½ cup (No. 8 scoop)	1 ½ oz equivalent meat/meat alternate or 3/8 c of vegetables.	100 servings

Nutrients Per Serving

Calories	150	Vitamin A	27 IU	Iron	1.7 mg
Protein	6 g	Vitamin C	8.8 mg	Calcium	46 mg
Carbohydrate	29 g	Dietary Fiber	5.4 g	Cholesterol	0 mg
Fat	1.4 g	% Fat	8 %	Sodium	360 mg
Saturated Fat	0.2 g	% Saturated Fat	1 %		