3641000
21B

Mixed
Veggies

Nutrition Facts

Serving Size 1/2 cup (125g)
Servings Per Container About 24

Amount Per Serving	
Calories 45	Calories from Fat 0
	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Cholesterol 0mg	**0%**
Sodium 420mg	**18%**
Total Carbohydrate 9g	**3%**
Dietary Fiber 1g	**4%**
Sugars 3g	
Protein 1g	

Vitamin A 60% • Vitamin C 4%
Calcium 2% • Iron 4%

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

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: WATER, CARROTS, POTATOES, PEAS, CORN, GREEN BEANS, CELERY, LIMA BEANS, SALT, CALCIUM CHLORIDE (FIRMING AGENT), ONION POWDER.

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