

## California Blend Vegetables

<b>Nutrition Facts</b>	
Serving Size 1 3 oz spoodle (86g)	
Servings Per Container 1	
<b>Amount Per Serving</b>	
<b>Calories</b> 30	Calories from Fat 0
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 25mg	<b>1%</b>
<b>Potassium</b>	
<b>Total Carbohydrate</b> 5g	<b>2%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 1g	
<b>Protein</b> 2g	
Vitamin A 60%	• Vitamin C 50%
Calcium 2%	• Iron 2%
Thiamin	• Riboflavin
Niacin	• Vitamin B6
Folacin	• Vitamin B12
Phosphorus	• Zinc
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:	
	<b>Calories:</b> 2,000 2,500
<b>Total Fat</b>	Less than 65g 80g
<b>Sat Fat</b>	Less than 20g 25g
<b>Cholesterol</b>	Less than 300mg 300mg
<b>Sodium</b>	Less than 2400mg 2400mg
<b>Total Carbohydrate</b>	300g 375g
<b>Dietary Fiber</b>	25g 30g
<b>Calories per gram:</b>	
Fat 9	* Carbohydrate 4 * Protein 4