

Mixed Vegetables

Nutrition Facts			
Serving Size 1 3 oz spoodle (86g)			
Servings Per Container 1			
Amount Per Serving			
Calories 60		Calories from Fat 0	
% Daily Value*			
Total Fat	0g		1%
Saturated Fat	0g		0%
Trans Fat			
Polyunsaturated Fat	0g		
Monounsaturated Fat	0g		
Cholesterol	0mg		0%
Sodium	40mg		2%
Potassium	180mg		5%
Total Carbohydrate	12g		4%
Dietary Fiber	3g		14%
Sugars			
Protein	3g		
Vitamin A 90% • Vitamin C 15%			
Calcium 2% • Iron 4%			
Thiamin 8% • Riboflavin 4%			
Niacin 6% • Vitamin B6 4%			
Folacin 6% • Vitamin B12 0%			
Phosphorus 6% • Zinc 2%			
*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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9	*	Carbohydrate 4	* Protein 4