



Nutrition Facts

about 3 servings per container

Serving Size 3/4 cup (115 g)

	Per serving		Per container	
Calories	50		150	
	% DV*		% DV*	
Total Fat	1.5 g	2 %	4 g	5 %
Saturated Fat	0 g	0 %	0 g	0 %
Trans Fat	0 g		0 g	
Cholesterol	0 mg	0 %	0 mg	0 %
Sodium	380 mg	17 %	1120 mg	49 %
Total Carbohydrate	8 g	3 %	23 g	8 %
Dietary Fiber	2 g	7 %	7 g	25 %
Total Sugars	3 g		9 g	
Incl Added Sugars	1 g	2 %	2 g	4 %
Protein	2 g		6 g	
Calcium	30 mg	2 %	80 mg	6 %
Iron	0.4 mg	2 %	1.3 mg	8 %
Potassium	80 mg	2 %	230 mg	4 %
Vitamin A	180 mcg	20 %	525 mcg	60 %
Vitamin C	15 mg	15 %	45 mg	50 %

Not a significant source of Vitamin D

* 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.

Microwave Oven Cooking Instructions:

1. Place face down in microwave-safe dish. Do not puncture package.
2. Microwave on High Power for 4.5 to 5.5 minutes. Microwave ovens will vary in power. During cooking, the bag will slowly inflate. Special vents in the bag will allow steam to escape while cooking. The pouch should cook inflated at full steam pressure for 30 to 60 seconds. Cook until heated thoroughly but avoid overcooking.
3. Let bag stand for 2 minutes before opening. Carefully handle bag at corners and shake gently to mix. Tear or cut the top of the bag open. Pour contents out and mix well. Enjoy!

Cook to 165°F for quality and food safety.

KEEP FROZEN. DO NOT THAW.

INGREDIENTS: BROCCOLI, CARROTS, BABY COB CORN, SUGAR SNAP PEAS, WATER, LESS THAN 2% OF: BLACK PEPPER, DEHYDRATED ONION, DEHYDRATED GARLIC, FLAXSEED, SALT, SOYBEAN OIL, SUGAR, MALTODEXTRIN, NATURAL FLAVORS, VINEGAR.

NET WT. 12 OZ (340 g)

STRONG ROOTS. BRIGHT FUTURE.

