



## Nutrition Facts

about 2.5 servings per container

**Serving Size** 3/4 cup ( 125 g)

	Per serving		Per container	
<b>Calories</b>	<b>70</b>		<b>190</b>	
	% DV*		% DV*	
<b>Total Fat</b>	0.5 g	1 %	2 g	3 %
Saturated Fat	0 g	0 %	0 g	0 %
Trans Fat	0 g		0 g	
<b>Cholesterol</b>	0 mg	0 %	0 mg	0 %
<b>Sodium</b>	200 mg	9 %	540 mg	23 %
<b>Total Carbohydrate</b>	14 g	5 %	38 g	14 %
Dietary Fiber	2 g	7 %	5 g	18 %
Total Sugars	3 g		9 g	
Incl Added Sugars	1 g	2 %	3 g	6 %
<b>Protein</b>	2 g		6 g	
<b>Calcium</b>	30 mg	2 %	70 mg	6 %
<b>Iron</b>	0.5 mg	2 %	1.3 mg	8 %
<b>Potassium</b>	90 mg	2 %	260 mg	6 %
<b>Vitamin A</b>	0 mcg	0 %	35 mcg	4 %
<b>Vitamin C</b>	13 mg	15 %	36 mg	40 %

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 6 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:** SUGAR SNAP PEAS, ROASTED RED POTATOES, RED BELL PEPPERS, WATER, CONTAINS LESS THAN 2% OF: FLAXSEED, GARLIC, MODIFIED CORN STARCH, NATURAL FLAVOR, PARSLEY, SALT, SOYBEAN OIL, SPICE, SUGAR, XANTHAN GUM.

**NET WT. 12 OZ (340 g)**

**STRONG ROOTS. BRIGHT FUTURE.**

