LAKESIDE FOODS EST 1887

VitalVeggies

FOODSERVICE

PROTEIN UP. FIBER FORWARD.

Each of the four VitalVeggies blends are intentionally crafted to maximize protein and fiber while at the same time maximizing flavor and versatility across dayparts and cuisines. Consumers will love the colors and textures and nutritional benefits.

10G PROTEIN, 10G FIBER
OR MORE PER BAG

DELICIOUS OPTIONS
FOUR AMAZING FLAVORS

100% VEGETABLES
NO EXTRAS

BUILT FOR TODAY'S DEMAND
HEALTHY & PROTEIN

SMART BLENDS FOR STRONGER MENUS.

AVAILABLE PRODUCTS:

VitalVeggies Broccoli & Bean

Nutrition Facts				
Serving size		12oz (340g)		
	per 12oz serving		per 2/3 Cup	
Calories	250		60	
	% Daily Value*		% Daily Value*	
Total Fat	2g	3%	0g	0%
Saturated Fat	0g	0%	0g	0%
Trans Fat	0g		0g	
Cholesterol	0mg	0%	0mg	0%
Sodium	55mg	2%	15mg	1%
Total Carbohydrate	45g	16%	11g	4%
Dietary Fiber	14g	50%	3g	11%
Total Sugars	6g		2g	
Includes Added Sugars	0g	0%	0g	0%
Protein	14g	23%	3g	5%
Vitamin D	0mcg	0%	0mcg	0%
Calcium	110mg	8%	30mg	2%
Iron	3.1mg	15%	0.7mg	4%
Potassium	620mg	15%	150mg	4%

*The % Daily Value 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.

INGREDIENTS: BROCCOLI, PREPARED BEANS (NAVY BEANS, KIDNEY BEANS, GARBANZO BEANS, WATER), CARROTS, ITALIAN GREEN BEANS, RED BELL PEPPERS.
ALLERGENS: NONE

VitalVeggies Corn & Black Bean

Nutrition Facts				
Serving size		12oz (340g)		
	per 12oz serving		per 3/4 Cup	
Calories	320		80	
	% Daily Value*		% Daily Value*	
Total Fat	5g	6%	1.5g	2%
Saturated Fat	1g	5%	0g	0%
Trans Fat	0g		0g	
Cholesterol	0mg	0%	0mg	0%
Sodium	30mg	1%	10mg	0%
Total Carbohydrate	60g	22%	16g	6%
Dietary Fiber	13g	46%	3g	11%
Total Sugars	17g		4g	
Includes Added Sugars	0g	0%	0g	0%
Protein	13g	13%	3g	3%
Vitamin D	0mcg	0%	0mcg	0%
Calcium	30mg	2%	10mg	0%
Iron	1.9mg	10%	0.5mg	2%
Potassium	570mg	10%	150mg	4%

*The % Daily Value 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.

INGREDIENTS: CORN, PREPARED BLACK BEANS (BLACK BEANS, WATER), RED & GREEN BELL PEPPERS.
ALLERGENS: NONE

VitalVeggies Mixed Vegetable & Green Chickpea

Nutrition Facts				
Serving size		12oz (340g)		
	per 12oz serving		per 2/3 Cup	
Calories	250		60	
	% Daily Value*		% Daily Value*	
Total Fat	3g	4%	0.5g	1%
Saturated Fat	0g	0%	0g	0%
Trans Fat	0g		0g	
Cholesterol	0mg	0%	0mg	0%
Sodium	80mg	3%	20mg	1%
Total Carbohydrate	48g	17%	12g	4%
Dietary Fiber	15g	54%	4g	14%
Total Sugars	13g		3g	
Includes Added Sugars	0g	0%	0g	0%
Protein	11g	19%	3g	5%
Vitamin D	0mcg	0%	0mcg	0%
Calcium	90mg	6%	20mg	2%
Iron	2.2mg	10%	0.5mg	2%
Potassium	670mg	15%	170mg	4%

*The % Daily Value 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.

INGREDIENTS: PREPARED GARBANZO BEANS (GREEN GARBANZO BEANS, WATER), CARROTS, WHITE SWEET CORN, ITALIAN GREEN BEANS.
ALLERGENS: NONE

VitalVeggies Sweet Potato, Black Bean, & Kale

Nutrition Facts				
Serving size		12oz (340g)		
	per 12oz serving		per 3/4 Cup	
Calories	290		70	
	% Daily Value*		% Daily Value*	
Total Fat	1g	1%	0g	0%
Saturated Fat	0g	0%	0g	0%
Trans Fat	0g		0g	
Cholesterol	0mg	0%	0mg	0%
Sodium	30mg	1%	10mg	0%
Total Carbohydrate	58g	21%	15g	5%
Dietary Fiber	14g	50%	3g	11%
Total Sugars	3g		1g	
Includes Added Sugars	0g	0%	0g	0%
Protein	14g	14%	4g	4%
Vitamin D	0mcg	0%	0mcg	0%
Calcium	140mg	10%	40mg	4%
Iron	3.1mg	15%	0.8mg	4%
Potassium	890mg	20%	230mg	4%

*The % Daily Value 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.

INGREDIENTS: PREPARED BLACK BEANS (BLACK BEANS, WATER), SWEET POTATOES, KALE, RED BELL PEPPERS.
ALLERGENS: NONE

VERSATILE APPLICATIONS:

- PREMIUM SIDES & CENTER-OF-PLATE VEGETABLES
- BOWLS: GRAIN, BUILD-YOUR-OWN, & MORE
- BREAKFAST SCRAMBLES & SKILLETS
- PASTA & RISOTTO INCLUSIONS
- TACOS, BURRITOS, & WRAPS
- SALAD TOPPERS

SIZES: AVAILABLE IN 1/20 LB AND 12/2 LB CASES

LAKESIDE FOODS EST 1887

FOR SAMPLES OR MORE INFORMATION
CONTACT **SALES@LAKESIDEFOODS.COM**

VISIT US ONLINE
LAKESIDEFOODS.COM

© 2026 Lakeside Foods, Inc.