LAKESIDE FOODS EST 1887

VitalVeggies

RETAIL

BETTER VEGGIES. SMARTER BLENDS.

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.

AT LEAST 11G PROTEIN, 13G FIBER
OR MORE PER BAG

100% VEGETABLES
NO EXTRAS

HIGH-QUALITY
PREMIUM INGREDIENTS

75% OF CONSUMERS
PRIORITIZE PROTEIN

VEGGIES THAT DO MORE.

- 75% OF CONSUMERS ACTIVELY THINK ABOUT THEIR PROTEIN INTAKE AND OVER 50% OF CONSUMERS ARE INTERESTED IN FOODS THAT ARE HIGH IN FIBER.
- INSTACART DATA SHOWS 159% SURGE IN SEARCHES FOR HIGH-FIBER FOODS ALONGSIDE HIGH-PROTEIN SEARCHES (SOURCE: NY POST 4/1/25).
- 73% OF CONSUMERS WANT TO EAT MORE VEGETABLES (SOURCE: MINTEL VEGETABLE REPORT 2024)

AVAILABLE PRODUCTS:

BROCCOLI & BEAN VEGETABLE MEDLEY

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

CORN & BLACK BEAN MEDLEY

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

MIXED VEGETABLE & GREEN CHICKPEA MEDLEY

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

SWEET POTATO, BLACK BEAN, & KALE MEDLEY

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

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FOR SAMPLES OR MORE INFORMATION
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VISIT US ONLINE
LAKESIDEFOODS.COM

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