

FROZEN CAPRI BLEND
88 GRAM SERVING

<u>NUTRITION FACTS</u>			
Serving Size: 3/4 Cup (88g)			
Amount Per Serving			
Calories 30		Calories from Fat 0	
		% Daily Value*	
Total Fat	0g		0%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	25mg		1%
Total Carbohydrate	5g		2%
Dietary Fiber	2g		8%
Sugars	3g		
Protein	1g		
Vitamin A 25%*		Vitamin C 2%*	
Calcium 2%*		Iron 0%*	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric 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	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Ingredients: F/C Green Beans (30%), Crinkle Cut Carrots (30%), Zucchini (20%), Yellow Squash (20%).