

Diversifood Associates, Inc.

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Mixed Vegetables

Ingredients:

Cut Corn, Carrots,
Green Beans, Peas,
Limás

Nutrition Facts		
Serving Size 2/3 cup (87g)		
Amount per Serving		
Calories 60		Calories from Fat 5
		%Daily Value
Total Fat	0.5g	1%
Saturated Fat	0g	0%
Cholesterol	0mg	0%
Sodium	45mg	2%
Total Carbohydrate	12g	4%
Dietary Fiber	2g	8%
Sugars	4g	
Protein	2g	
Vitamin A 30%	*	Vitamin C 6%
Calcium 0%	*	Iron 2%