

# Nutrition Facts

Serving Size 1/2 cup (128g)

Servings per container

## Amount per Serving

**Calories** 120 **Calories from Fat** 60

% Daily Values \*

**Total Fat** 6g **9%**

Saturated Fat 2.5g **13%**

**Cholesterol** 15mg **5%**

**Sodium** 450mg **19%**

**Total Carbohydrate** 10g **3%**

Dietary Fiber 3g **12%**

Sugars 3g

**Protein** 4g

Vitamin A 80% Vitamin C 8%

Calcium 15% Iron 6%

\*Percent Daily Values are based on a 2,000 calorie diet.  
Your daily values may be higher or lower depending on  
your calorie needs:

		Calories	2,000	2,500
Total Fat	Less than		65 g	80 g
Sat Fat	Less than		20 g	25 g
Cholesterol	Less than		300 mg	300 mg
Sodium	Less than		2,400 mg	2,400 mg
Total Carbohydrate			300 g	375 g
Dietary Fiber			25 g	30 g

## HEALTH CLAIMS

**"EXCELLENT SOURCE OF VITAMIN A"**

This nutrient information is applicable only to vegetables from companies which are members of the American Frozen Food Institute's (AFFI) nutrient database.

This nutrient panel has not been approved by the Food and Drug Administration (FDA). The serving size data is based on information provided by AFFI members. AFFI makes no representations as to the accuracy of the information provided.