



Garden Fresh Vegetable Medley (v)- As Packaged

Ingredients: VEGETABLES (potatoes, carrots, celery, broccoli, cauliflower, onions, white mushrooms, corn, green beans), VEGETABLE STOCK (water, vegetable base [salt, yeast extract, sugar, dextrose, onion powder, soybean oil, cornstarch, celery powder, black pepper, turmeric]), DICED TOMATOES IN JUICE (tomatoes, tomato juice, citric acid, calcium chloride), TOMATO PASTE, MODIFIED CORNSTARCH, SOY SAUCE (water, wheat, soybeans, salt, lactic acid, sodium benzoate [preservative]), GARLIC, SEASONING SALT (salt, sugar, paprika, dehydrated onion, dehydrated garlic, spices, chili pepper), PARSLEY, CULTURED DEXTROSE ON MALTODEXTRIN, SPICES, CANOLA OIL, CITRIC ACID.

THIS PRODUCT CONTAINS: WHEAT, SOYBEANS

As Prepared

Nutrition Facts	
Serving Size 1 cup prepared (245g)	
Servings Per Container	
Amount Per Serving	
Calories 60	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 740mg	31%
Total Carbohydrate 12g	4%
Dietary Fiber 2g	8%
Sugars 4g	
Protein 2g	
Vitamin A 50%	• Vitamin C 30%
Calcium 4%	• Iron 4%
*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 65g 80g
Saturated 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
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

(v) = Vegetarian product (ovo lacto compatible)

SERVING SIZE IS DETERMINED BY ESTABLISHED USDA AND FDA GUIDELINES.