



BAKED SWEET POTATOES

Nutrition Facts		
Serving Size: 4oz	Servings Per Container: 1	
Calories 88	Amount per Serving	%Daily Value*
Total Fat	0g	
Sat. Fat	0g	
Cholesterol	0mg	
Sodium	0g	
Total Carbs.	21g	
Dietary Fiber	3g	
Sugars	0g	
Protein	2g	

*Percent Daily Values (%DV) are based on a 2,000 calorie diet. †Daily Value not established

BROWN RICE

Nutrition Facts		
Serving Size: 4oz	Servings Per Container: 1	
Calories 106	Amount per Serving	%Daily Value*
Total Fat	0g	
Sat. Fat	0g	
Cholesterol	0mg	
Sodium	0mg	
Total Carbs.	22g	
Dietary Fiber	1.5g	
Sugars	0.5g	
Protein	2.5g	

*Percent Daily Values (%DV) are based on a 2,000 calorie diet. †Daily Value not established

BAKED SQUASH AND ZUCCHINI BLEND

Nutrition Facts		
Serving Size: 4oz	Servings Per Container: 1	
Calories 10	Amount per Serving	%Daily Value*
Total Fat	0g	
Sat. Fat	0g	
Cholesterol	0mg	
Sodium	6mg	
Total Carbs.	2g	
Dietary Fiber	1g	
Sugars	1g	
Protein	0g	

*Percent Daily Values (%DV) are based on a 2,000 calorie diet. †Daily Value not established

STIR FRY PACK

Nutrition Facts		
Serving Size: 4oz	Servings Per Container: 1	
Calories 59	Amount per Serving	%Daily Value*
Total Fat	0g	
Sat. Fat	0g	
Cholesterol	0mg	
Sodium	32mg	
Total Carbs.	12g	
Dietary Fiber	4g	
Sugars	3g	
Protein	2.5g	

*Percent Daily Values (%DV) are based on a 2,000 calorie diet. †Daily Value not established

Nutrition Facts		
Serving Size: 8oz	Servings Per Container: 1	
Calories 118	Amount per Serving	%Daily Value*
Total Fat	0g	
Sat. Fat	0g	
Cholesterol	0mg	
Sodium	64mg	
Total Carbs.	24g	
Dietary Fiber	8g	
Sugars	6g	
Protein	5g	

*Percent Daily Values (%DV) are based on a 2,000 calorie diet. †Daily Value not established