Nutrition Facts

about 23 servings per container
Serving size
3/4 cup (73g) frozen

Calories per serving **20**

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 0g	**0%**	**Total Carbohydrate** 4g	**1%**
Saturated Fat 0g	**0%**	Dietary Fiber 2g	**7%**
Trans Fat 0g		Total Sugars 2g	
Cholesterol 0mg	**0%**	Includes 0g Added Sugars	**0%**
Sodium 15mg	**1%**	**Protein** 1g	

Vitamin D 0mcg 0% • Calcium 0mg 0% • Iron 0mg 0% • Potassium 160mg 4%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients

CARROTS, YELLOW SQUASH, ZUCCHINI, BROCCOLI, CAULIFLOWER.