

LAKE SIDE FOODS

Mixed Vegetables

Nutrition Facts	
Serving Size	1/2 cup (125 g)
Servings Per Container (see chart at right)	
Amount Per Serving	
Calories	35
Calories from Fat	0
% Daily Value*	
Total Fat	0 g 0 %
Saturated Fat	0 g 0 %
Trans Fat	0 g
Cholesterol	0 mg 0 %
Sodium	290 mg 12 %
Total Carbohydrate	7 g 2 %
Dietary Fiber	1 g 4 %
Sugars	3 g
Protein	1 g
Vitamin A	60 %
Vitamin C	4 %
Calcium	2 %
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
Sat 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

Can Size	Net Weight			Servings
	oz	grams	(lb - oz)	
211x304	8.5	241		About 2
300x407	15	425		About 3.5
401x411	29.5	836	(1 lb 14 oz)	About 7
603x700	106	3005	(6 lb 10 oz)	About 24

Kosher OU optional and requires a 3-way agreement

Allergens: None

Ingredients:

Water, carrots, potatoes, celery, peas, green beans, corn, lima beans, salt, calcium chloride, onion flavor.

These nutrient values were derived from the 1998 NFPA Database.