

**COOK CHILL
ITALIAN BLEND**

Nutrition Facts

servings per container - various
Serving size 100 Grams (100g)

Amount per serving

Calories 25

% Daily Value*

Total Fat 0 g	0 %
Saturated Fat 0g	0 %
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0 %
Sodium 23mg	1 %
Total Carbohydrate 6g	2 %
Dietary Fiber 2g	12 %
Total Sugars 2g	
Includes 0g Added Sugars	0 %
Protein 1g	
Vitamin D 0mcg	0 %
Calcium 27mg	2 %
Iron 1mg	7 %
Potassium 200mg	4 %

*The % Daily Value 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.

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients -

Cauliflower, Zucchini, Carrots, Green Beans,
Red Peppers; Frozen, Unprepared.

Cooking Instructions: (This is a Not Ready-to-Eat Product)

Cook thoroughly, all the way through to a temperature of
165 degrees F. Add seasoning as desired.

This is NOT for Retail Packaging.

THIS INFORMATION IS TRUE AND ACCURATE TO THE BEST OF OUR KNOWLEDGE.

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