

06/22/2012

Nutrition Facts

Serving Size 1 cup (227g)
Servings Per Container 3

Amount Per Serving

Calories 90 **Calories from Fat** 40

% Daily Value*

Total Fat 4.5g **7%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 470mg **20%**

Total Carbohydrate 12g **4%**

Dietary Fiber 2g **8%**

Sugars 4g

Protein 2g

Vitamin A 50% • Vitamin C 20%

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

INGREDIENTS: Water, Potatoes, Zucchini Squash, Yellow Onion, Carrots, Tomatoes(Tomato Juice, Salt, Calcium Chloride, Citric Adic), Eggplant, Vegetable Base (Vegetables(Tomato, Carrot, Onion), Sea Salt, Dextrose, Organic Evaporated Cane Juice, Canola Oil, Natural Flavoring, Potato Flour), Canola Oil, Tomato Paste(Tomatoes), Celery, Garlic, Spices.

Saturated Fat: saturated fat free

Cholesterol: cholesterol free

Vitamin A - IU: high vitamin A

Vitamin C: high vitamin C