

**FREEZE-DRIED BROCCOLI**

INGREDIENTS: Broccoli.

**FREEZE-DRIED SWEET PEAS**

INGREDIENTS: Peas.

**DEHYDRATED CHOPPED ONIONS**

INGREDIENTS: Onions.

**FREEZE-DRIED DICED POTATOES**

INGREDIENTS: Potatoes.

**FREEZE-DRIED SWEET CORN**

INGREDIENTS: Corn.

<b>Nutrition Facts</b>	4 Pouches Freeze-Dried Broccoli	4 Pouches Freeze-Dried Diced Potatoes	4 Pouches Freeze-Dried Sweet Pea	4 Pouches Freeze-Dried Sweet Corn	4 Pouches Dehydrated Chopped Onions
Servings per container: <b>Serving size (dry):</b>	60 1/3 cup (4g)	60 1/3 cup (10g)	60 1/3 cup (13g)	80 1/4 cup (10g)	96 1 tsp (3g)
<b>Amount per serving</b>					
<b>Calories</b>	<b>10</b>	<b>40</b>	<b>45</b>	<b>40</b>	<b>10</b>
	% Daily Value*	% Daily Value*	% Daily Value*	% Daily Value*	% Daily Value*
<b>Total Fat</b>	0g <b>0%</b>	0g <b>0%</b>	0g <b>0%</b>	0.5g <b>1%</b>	0g <b>0%</b>
Saturated Fat	0g <b>0%</b>	0g <b>0%</b>	0g <b>0%</b>	0g <b>0%</b>	0g <b>0%</b>
<i>Trans</i> Fat	0g	0g	0g	0g	0g
<b>Cholesterol</b>	0mg <b>0%</b>	0mg <b>0%</b>	0mg <b>0%</b>	0mg <b>0%</b>	0mg <b>0%</b>
<b>Sodium</b>	0mg <b>0%</b>	20mg <b>1%</b>	0mg <b>0%</b>	0mg <b>0%</b>	0mg <b>0%</b>
<b>Total Carbohydrate</b>	2g <b>1%</b>	8g <b>3%</b>	6g <b>2%</b>	7g <b>3%</b>	2g <b>1%</b>
Dietary Fiber	1g <b>4%</b>	2g <b>7%</b>	2g <b>7%</b>	1g <b>4%</b>	0g <b>0%</b>
Total Sugars	1g	0g	4g	4g	1g
Includes Added Sugars	0g <b>0%</b>	0g <b>0%</b>	0g <b>0%</b>	0g <b>0%</b>	0g <b>0%</b>
<b>Protein</b>	1g	1g	3g	1g	0g
	0mcg 0%	0mcg 0%	0mcg 0%	0mcg 0%	0mcg 0%
	20mg 2%	6mg 0%	13mg 2%	0mg 0%	8mg 0%
	0mg 0%	1mg 6%	1mg 6%	0mg 0%	0mg 0%
	88mg 2%	254mg 6%	124mg 2%	83mg 2%	49mg 2%
<small>*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.</small>	Vitamin D				
	Calcium				
	Iron				
	Potassium				

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**EACH POUCH CONTAINS AN OXYGEN ABSORBER.  
 REMOVE AND DISCARD IMMEDIATELY UPON OPENING.**

\*For optimal shelf life, store product in a cool and dry place. Shelf life of sealed pouches ranges from 25 to 30 years depending on food type. Once pouch seal is broken, food should be used within one year. Pail may be opened without compromising the shelf life of sealed pouches.

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