

nutriSTORE™

Vegetable Combo Starter 6 Pack

Corn

Nutrition Facts		
Serving Size About ¼ Cup (11g)		
Servings Per Container About 40		
Amount Per Serving		
Calories 40	Calories from Fat 5	
% Daily Value*		
Total Fat 0.5g	1%	
Saturated Fat 0g	0%	
Trans Fat 0g		
Cholesterol 0mg	0%	
Sodium 0mg	0%	
Total Carbohydrate 8g	3%	
Dietary Fiber 1g	4%	
Sugars 3g		
Protein 1g		
Vitamin A 2%	•	Vitamin C 6%
Calcium 0%	•	Iron 2%
*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		

Ingredients: Freeze-dried Super Sweet Corn.

Broccoli

Nutrition Facts		
Serving Size About ¼ Cup (4.5g)		
Servings Per Container About 40		
Amount Per Serving		
Calories 10	Calories from Fat 0	
% Daily Value*		
Total Fat 0g	0%	
Saturated Fat 0g	0%	
Trans Fat 0g		
Cholesterol 0mg	0%	
Sodium 15mg	1%	
Total Carbohydrate 2g	1%	
Dietary Fiber 1g	6%	
Sugars 1g		
Protein 1g		
Vitamin A 0%	•	Vitamin C 70%
Calcium 2%	•	Iron 2%
*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		

Ingredients: Freeze-dried Broccoli.

Green Beans

Nutrition Facts		
Serving Size About ¼ Cup (3.5g)		
Servings Per Container About 40		
Amount Per Serving		
Calories 15	Calories from Fat 0	
% Daily Value*		
Total Fat 0g	0%	
Saturated Fat 0g	0%	
Trans Fat 0g		
Cholesterol 0mg	0%	
Sodium 0mg	0%	
Total Carbohydrate 3g	1%	
Dietary Fiber 1g	6%	
Sugars 1g		
Protein 1g		
Vitamin A 0%	•	Vitamin C 10%
Calcium 2%	•	Iron 2%
*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		

Ingredients: Freeze-dried Green Beans.

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Potatoes

Nutrition Facts	
Serving Size About ¼ Cup (10g)	
Servings Per Container About 40	
Amount Per Serving	
Calories 35	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 8g	3%
Dietary Fiber 2g	8%
Sugars 0g	
Protein 1g	
Vitamin A 0%	• Vitamin C 15%
Calcium 0%	• 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	

Ingredients: Freeze-dried Potatoes.

Carrots

Nutrition Facts	
Serving Size About ¼ Cup (20g)	
Servings Per Container About 40	
Amount Per Serving	
Calories 70	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 55mg	2%
Total Carbohydrate 16g	5%
Dietary Fiber 2g	6%
Sugars 10g	
Protein 2g	
Vitamin A 90%	• Vitamin C 25%
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
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	

Ingredients: Dehydrated Carrots.

Onions

Nutrition Facts	
Serving Size About ¼ Cup (7g)	
Servings Per Container About 40	
Amount Per Serving	
Calories 25	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 6g	2%
Dietary Fiber 1g	4%
Sugars 4g	
Protein 1g	
Vitamin A 0%	• Vitamin C 6%
Calcium 2%	• Iron 0%
*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	

Ingredients: Freeze Dried Onions.