

Description	Calories	Fat (g)	% Daily Value	Sat Fat (g)	% Daily Value	Trans Fat (g)	Chol (mg)	% Daily Value	Sodium (mg)	% Daily Value	Total Carb (g)	% Daily Value	Dietary Fiber (g)	% Daily Value	Total Sugars (g)	Added Sugars	% Daily Value	Protein (g)	Vitamin D (mcg)	% Daily Value	Calcium (mg)	% Daily Value	Iron (mg)	% Daily Value	Potassium (mg)	% Daily Value	Ingredient Statement
SIDE ITEMS																											
Gelatin Cups, Orange Strawberry	100	0	0%	0	0%	0	0	0%	40	2%	25	8%	0	0%	23	0	0%	0	0	0%	0	0%	0	0%	105	3%	Water, Sugar, Apple Juice from Concentrate (Water, Apple Juice), Less than 2% of: Carrageenan, Adipic Acid, Citric Acid, Carob Bean Gum, Potassium Citrate, Sodium Citrate, Natural and Artificial Flavor, Red 40. COMMON ALLERGENS PRESENT: None. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated May 2020. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.
Keebler Wheat Crackers	35	1	2%	0	0%	0	0	0%	60	3%	5	2%	1	4%	1	0	0%	1	0	0%	0	0%	0	0%	0	0%	ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE [VITAMIN B1], RIBOFLAVIN [VITAMIN B2], FOLIC ACID), VEGETABLE OIL (CANOLA, CORN, PALM AND/OR SOYBEAN OIL), WHOLE WHEAT FLOUR, SUGAR, SALT, LEAVENING (BAKING SODA, MONOCALCIUM PHOSPHATE), SESAME SEEDS, CARAMEL COLOR, SOY LECITHIN. COMMON ALLERGENS PRESENT: Wheat, Soy.
Dole Whole Mandarin Orange Segments, in Juice, Plastic Cup, 4 Oz	90	0	0%	0	0%	0	0	0%	5	0%	22	7%	1	4%	18	0	0%	0	0	0%	40	4%	0	0%	160	5%	Mandarin Oranges, White Grape Juice from Concentrate (Water, White Grape Juice Concentrate), Lemon Juice from Concentrate (Water, Lemon Juice Concentrate) Ascorbic Acid (To Promote Color Retention), and Citric Acid.
Dole Diced Yellow Cling Peaches, in Juice, 4 Oz	80	0	0%	0	0%	0	0	0%	5	0%	19	6%	1	4%	18	0	0%	1	0	0%	0	0%	0	0%	90	3%	Peaches, White Grape Juice from Concentrate (Water, White Grape Juice Concentrate), Pineapple Juice from Concentrate (Water, Pineapple Juice Concentrate), Lemon Juice from Concentrate (Water, Lemon Juice Concentrate), Natural Flavors, Ascorbic Acid (to Promote Color Retention), and Citric Acid. COMMON ALLERGENS PRESENT: None.
Gordon Choice Diced Yellow Cling Peaches, in Light Syrup, 4 Oz	70	0	0%	0	0%	0	0	0%	0	0%	17	6%	1	4%	16	9	18%	0	0	0%	1	0%	0	0%	110	3%	Diced peaches, water, sugar, ascorbic acid (Vitamin C) to protect color, citric acid. COMMON ALLERGENS PRESENT: NONE.
Gordon Choice Unsweetened Applesauce, 4 Oz	50	0	0%	0	0%	0	0	0%	10	0%	12	4%	1	4%	11	0	0%	0	0	0%	5	1%	0	0%	93	3%	APPLES, WATER, ASCORBIC ACID (VITAMIN C) TO MAINTAIN COLOR. COMMON ALLERGENS PRESENT: None.
Dole Tropical Fruit Mix, in Juice, 4 Oz	80	0	0%	0	0%	0	0	0%	10	0%	19	6%	1	4%	18	0	0%	1	0	0%	0	0%	0	0%	150	4%	White Grape Juice from Concentrate (Water, White Grape Juice Concentrate), Papaya (Red and Yellow), Pineapple, Lemon Juice from Concentrate (Water, Lemon Juice Concentrate), Natural Flavors, Ascorbic Acid (To Promote Color Retention), and Citric Acid. COMMON ALLERGENS PRESENT: NONE.
HHL Low-Sodium Fat-Free Italian Dressing, Packets	5	0	0%	0	0%	0	0	0%	20	1%	1	0%	0	0%	1	1	2%	0	0	0%	0	0%	0	0%	0	0%	Water, High Fructose Corn Syrup, Distilled White Vinegar, Contains 2% or less of Soybean Oil+, Lemon Juice Concentrate, Xanthan Gum, Dried Onion, Propylene Glycol Alginate, Dried Garlic, Salt (Contains Sodium Aluminosilicate, Dextrose, Potassium Iodide), Flavor (Sea Salt, Natural Flavor), Citric Acid, Dehydrated Red Bell Pepper, Spice, Yellow 5, Yellow 6, Potassium Sorbate and Sodium Benzoate (as Preservatives). +Trivial Source of Fat
Gordon Choice Parmesan Cheese, Grated, Individual Packets	15	1	2%	1	2%	0	5	2%	35	1%	1	0%	0	0%	0	0	0%	1	0	0%	40	4%	0	0%	0	0%	Parmesan Cheese (Pasteurized Part Skim Milk, Cheese Cultures, Salt, Enzymes), Corn Starch and Cellulose Powder (anti-caking agents). COMMON ALLERGENS PRESENT: Milk.
GFS Mayonnaise Packets	90	9	14%	2	8%	0	10	3%	60	3%	0	0%	0	0%	0	0	0%	0	0	0%	1	0%	0	0%	2	0%	Soybean Oil, Egg Yolks, Water, High Fructose Corn Syrup, Distilled Vinegar, Apple Cider Vinegar, Spice, Salt, Lemon Juice Concentrate, Calcium Disodium EDTA added to protect flavor. COMMON ALLERGENS PRESENT: EGGS
GFS Mustard, Packets	5	0	0%	0	0%	0	0	0%	85	4%	0	0%	0	0%	0	0	0%	0	0	0%	4	0%	0	0%	6	0%	Distilled Vinegar, #1 Mustard Seed, Salt, Turmeric, Spices. COMMON ALLERGENS PRESENT: None.
Pepper Mill Fat Free Raspberry Vinaigrette Dressing, Packets	50	0	0%	0	0%	0	0	0%	420	18%	12	4%	0	0%	11	11	22%	0	0	0%	0	0%	0	0%	16	0%	WATER, SUGAR, RED WINE VINEGAR, RASPBERRY FLAVORED JUICE CONCENTRATE BLEND (APPLE, PEAR, RASPBERRY AND ELDERBERRY JUICE CONCENTRATES, CITRIC ACID, NATURAL FLAVOR), GLUCONIC ACID, SALT, DISTILLED VINEGAR, SOYBEAN OIL*, LEMON JUICE CONCENTRATE, XANTHAN GUM, PHOSPHORIC ACID, NATURAL FLAVOR, SPICES, DRIED LEMON PEEL, MUSTARD FLOUR, DRIED CHIVE. *ADDS A TRIVIAL AMOUNT OF FAT. COMMON ALLERGENS PRESENT: None.

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Ken's Caesar Dressing, Packets, 1.5 Oz	210	23	35%	4	20%	0	5	2%	400	17%	1	0%	0	0%	1	1	2%	1	0	0%	26	3%	0	0%	0	0%	SOYBEAN OIL, DISTILLED VINEGAR, WATER, APPLE CIDER VINEGAR, ROMANO CHEESE (PASTEURIZED PART-SKIM MILK, CHEESE CULTURES, SALT, ENZYMES), SALT, CONTAINS LESS THAN 2% OF GARLIC,* SUGAR, TABASCO BRAND PEPPER SAUCE (DISTILLED VINEGAR, RED PEPPER, SALT), SPICE, MUSTARD FLOUR, ANCHOVIES, MALTODEXTRIN, CARRAGEENAN, XANTHAN GUM, BETA CAROTENE (COLOR). *DRIED. COMMON ALLERGENS PRESENT: Fish, Milk
FRUITS & VEGETABLES																											
Ready-Set-Serve Baby Whole Petite Carrots	50	0	0%	0	0%	0	0	0%	90	4%	12	4%	4	16%	6	0	0%	1	0	0%	40	4%	0	0%	410	12%	Carrots. COMMON ALLERGENS PRESENT: None
Ready-Set-Serve Celery Sticks	15	0	0%	0	0%	0	0	0%	80	3%	3	1%	2	8%	2	0	0%	1	0	0%	40	4%	0	0%	260	7%	Celery. COMMON ALLERGENS PRESENT: None.
Markon First Crop Jumbo Celery, Fresh	20	0	0%	0	0%	0	0	0%	100	4%	4	1%	2	8%	2	0	0%	1	0	0%	49.6	5%	0.25	1%	322	9%	Celery. COMMON ALLERGENS PRESENT: None
Markon First Crop Jumbo Asparagus	15	0	0%	0	0%	0	0	0%	0	0%	3	1%	1	6%	1	0	0%	2	0	0%	16.08	2%	1.43	8%	135	4%	Asparagus. COMMON ALLERGENS PRESENT: None
Packer Label Green Cabbage	20	0	0%	0	0%	0	0	0%	15	1%	4	1%	2	7%	2	0	0%	1	0	0%	28	3%	0.33	2%	119	3%	
Ready-Set-Serve Diced Cole Slaw Blend, with Green Cabbage & Carrots	20	0	0%	0	0%	0	0	0%	20	1%	5	2%	2	8%	2	0	0%	1	0	0%	33	3%	0	0%	157	4%	Green cabbage, carrots. COMMON ALLERGENS PRESENT: None.
Ready-Set-Serve Shredded Kale Blend	50	1	2%	0	0%	0	0	0%	30	1%	7	2%	3	12%	2	0	0%	4	0	0%	128	13%	1	6%	417	12%	Kale; may contain green, flowering red, or Lacinato kale varieties (depending on season). COMMON ALLERGENS PRESENT: None.
Shredded Iceberg Lettuce	10	0	0%	0	0%	0	0	0%	5	0%	2	1%	1	4%	1	0	0%	0	0	0%	10	1%	0	0%	80	2%	Iceberg Lettuce. COMMON ALLERGENS PRESENT: NONE
American Salad Blend, with Iceberg/Romaine/Carrots/Radish/Cabbage	15	0	0%	0	0%	0	0	0%	15	1%	3	1%	1	4%	2	0	0%	1	0	0%	21	2%	0	0%	158	5%	Iceberg lettuce, romaine lettuce, carrots, red cabbage, radishes. COMMON ALLERGENS PRESENT: None
Leeks	50	0	0%	0	0%	0	0	0%	20	1%	13	4%	2	6%	3	0	0%	1	0	0%	52.51	5%	1.87	10%	160	5%	Leeks. COMMON ALLERGENS PRESENT: None
Cleaned Shallots	5	0	0%	0	0%	0	0	0%	0	0%	2	1%	0	0%	1	0	0%	0	0	0%	3.7	0%	0.12	1%	33	1%	Shallots. COMMON ALLERGENS PRESENT: None
Fennel, Fresh	25	0	0%	0	0%	0	0	0%	45	2%	6	2%	3	11%	3	0	0%	1	0	0%	42.63	4%	0.64	4%	360	10%	Fennel. COMMON ALLERGENS PRESENT: None
Size A Red Potatoes	70	0	0%	0	0%	0	0	0%	5	0%	15	5%	2	7%	1	0	0%	2	0	0%	10.12	1%	0.69	4%	361	10%	Red Potato. COMMON ALLERGENS PRESENT: None.
Russet Potatoes, Idaho, 3 oz	70	0	0%	0	0%	0	0	0%	5	0%	15	5%	2	7%	1	0	0%	2	0	0%	10.2	1%	0.69	4%	361	10%	Raw Potato. COMMON ALLERGENS PRESENT: None
Tomatoes, 6 x 6, Fresh, 1 cup	30	0	0%	0	0%	0	0	0%	10	0%	7	2%	2	9%	5	0	0%	2	0	0%	18	2%	0.49	3%	427	12%	Tomatoes. COMMON ALLERGENS PRESENT: None.
Tomatoes, Grape, Sweet, 1 cup	30	0	0%	0	0%	0	0	0%	10	0%	7	2%	2	9%	5	0	0%	2	0	0%	18	2%	0.49	3%	427	12%	Tomatoes. COMMON ALLERGENS PRESENT: None.
Tomatoes, Green, Fresh,																											
Mushrooms, 1/8 Sliced, Fresh Cut, 1 cup	15	0	0%	0	0%	0	0	0%	0	0%	2	1%	1	3%	1	0	0%	2	0	0%	2.1	0%	0.35	2%	223	6%	Fresh Mushroom. COMMON ALLERGENS PRESENT: None.
Mushrooms, Gourmet Blend, Sliced, Fresh Cut,																											
Mushrooms, Portobello Cap, Fresh, 100 g	20	0	0%	0	0%	0	0	0%	10	0%	4	1%	1	5%	3	0	0%	2	0	0%	3	0%	0.31	2%	364	10%	Fresh Portabella Mushroom Caps. COMMON ALLERGENS PRESENT: None.
Apples, Sliced, Fresh Cut, 1 Package	30	0	0%	0	0%	0	0	0%	0	0%	7	2%	1	4%	6	0	0%	0	0	0%	20	2%	0	0%	0	0%	
Watermelons, Red Seedless, Fresh, 1 cup	45	0	0%	0	0%	0	0	0%	0	0%	11	4%	1	2%	9	0	0%	1	0	0%	10.64	1%	0.36	2%	170	5%	
Grapes, Red Seedless, Fresh, 0.75 cup	80	0	0%	0	0%	0	0	0%	0	0%	22	7%	1	5%	20	0	0%	1	0	0%	17.64	2%	0.37	2%	241	7%	Grapes. COMMON ALLERGENS PRESENT: None.
Apricots, Dried, 1 cup	210	0.5	1%	0	0%	0	0	0%	10	0%	55	18%	7	26%	49	0	0%	3	0	0%	47.5	5%	2.35	13%	1028	29%	
Fruit Salad, Deluxe, Fresh-Cut, 5 oz	70	0	0%	0	0%	0	0	0%	15	1%	19	6%	1	4%	18	0	0%	1	0	0%	23	2%	0	0%	265	8%	Oranges, golden pineapple, honeydew, cantaloupe, grapes, water, sugar, citric acid, ascorbic acid, potassium sorbate, and sodium benzoate. COMMON ALLERGENS PRESENT: None.
Fruit Cocktail, Diced, in Extra Light Syrup, 0.5 cup	60	0	0%	0	0%	0	0	0%	0	0%	14	5%	1	5%	n/a	n/a	n/a	1	0	0%	9.84	1%	0.37	2%	128	4%	
Fruit Mix, in Juice, Plastic Cup, 113 g	80	0	0%	0	0%	0	0	0%	0	0%	19	6%	1	4%	18	n/a	n/a	1	0	0%	0	0%	0	0%	130	4%	White Grape Juice from Concentrate (Water, White Grape Juice Concentrate), Pineapple, Peaches, Pears, Lemon Juice from Concentrate (Water, Lemon Juice Concentrate), Natural Flavors, Ascorbic Acid (To Promote Color Retention), and Citric Acid. COMMON ALLERGENS PRESENT: None.
Fruit Mix, in Light Syrup, Plastic Cup, 113 g	70	0	0%	0	0%	0	0	0%	0	0%	17	6%	1	4%	15	9	18%	0	0	0%	4	0%	0	0%	93	3%	Diced peaches, water, diced pears, sugar, pineapple, ascorbic acid (Vitamin C) to protect color and citric acid. COMMON ALLERGENS PRESENT: NONE

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Fruit Mix, Michigan Blend, 3.5 oz	50	0	0%	0	0%	0	0	0%	0	0%	13	4%	2	8%	10	0	0%	1	0	0%	9	1%	0	0%	112	3%	Apples (Ascorbic Acid, Salt, Citric Acid as a preservative), Tart Cherries, Blueberries. COMMON ALLERGENS PRESENT: None.
Fruit Salad, Tropical, in Juice, 0.67 cup	60	0	0%	0	0%	0	0	0%	0	0%	15	5%	2	8%	14	0	0%	0	0	0%	7	1%	0.4	2%	129	4%	Water, Pineapple Chunks, Red Papaya Chunks, Yellow Papaya Chunks, Guava Chunks, Pineapple Juice, Citric Acid. COMMON ALLERGENS PRESENT: None.
Fruit Salad, Tropical, in Light Syrup, 0.67 cup	90	0	0%	0	0%	0	0	0%	0	0%	22	7%	2	8%	21	5	10%	0	0	0%	7	1%	0.4	2%	129	4%	PINEAPPLE, PINEAPPLE JUICE, RED PAPAYA, WATER, YELLOW PAPAYA, GUAVA, SUGAR, PASSION FRUIT JUICE, CITRIC ACID. COMMON ALLERGENS PRESENT: None.
Apples, Red, Sliced, Peeled, 1 cup	60	0	0%	0	0%	0	0	0%	0	0%	16	5%	2	8%	13	0	0%	0	0	0%	6	1%	0	0%	116	3%	Apples. COMMON ALLERGENS PRESENT: None.
Apples, Sliced, Homestyle Country, 0.5 cup	80	0	0%	0	0%	0	0	0%	10	0%	22	7%	2	8%	18	0	0%	0	0	0%	0	0%	0	0%	0	0%	Unpeeled apple slices, water, sugar, modified corn starch (corn), cinnamon, xanthan gum, artificial flavor, potassium sorbate (preservative) and citric acid. Color added. COMMON ALLERGENS PRESENT: None.
Apples, Sliced, in Water, 0.5 cup	50	0	0%	0	0%	0	0	0%	10	0%	12	4%	2	8%	9	0	0%	0	0	0%	0	0%	0	0%	0	0%	Sliced apples and water. COMMON ALLERGENS PRESENT: None.
Applesauce, Unsweetened, 4.5 oz	50	0	0%	0	0%	0	0	0%	10	0%	13	4%	1	4%	12	0	0%	0	0	0%	5.23	1%	0	0%	115	3%	Apples, water. Ascorbic acid added to maintain color. COMMON ALLERGENS PRESENT: None.
Apricots, Halved, in Light Syrup, Peeled, 0.5 cup	60	0	0%	0	0%	0	0	0%	10	0%	15	5%	1	4%	13	6	12%	1	0	0%	7	1%	0	0%	152	4%	Apricots, water, sugar. COMMON ALLERGENS PRESENT: None.
Blueberries, Grade A, 1 cup	80	0	0%	0	0%	0	0	0%	0	0%	20	7%	3	12%	14	0	0%	1	0	0%	0	0%	0	0%	108	3%	Blueberries, COMMON ALLERGIES PRESENT: None.
Orange Segments, Mandarin, Whole, in Juice, Cup	50	0	0%	0	0%	0	0	0%	10	0%	13	4%	0	0%	10	8	16%	1	0	0%	20	2%	0.4	2%	115	3%	Whole mandarin orange segments, water, pear juice concentrate. COMMON ALLERGENS PRESENT: None.
Orange Segments, Mandarin, Whole, in Juice, Cup (Dole), 4 oz	90	0	0%	0	0%	0	0	0%	5	0%	22	7%	1	4%	18	0	0%	0	0	0%	40	4%	0	0%	160	5%	Mandarin Oranges, White Grape Juice from Concentrate (Water, White Grape Juice Concentrate), Lemon Juice from Concentrate (Water, Lemon Juice Concentrate) Ascorbic Acid (To Promote Color Retention), and Citric Acid. COMMON ALLERGENS PRESENT: None.
Oranges, Mandarin, 0.5 cup	80	0	0%	0	0%	0	0	0%	0	0%	21	7%	1	4%	20	0	0%	1	0	0%	20	2%	0	0%	110	3%	Mandarin Oranges, Water, Sugar and Citric Acid. COMMON ALLERGENS PRESENT: None.
Peaches, Sliced, in Light Syrup, 0.5 cup	50	0	0%	0	0%	0	0	0%	5	0%	14	5%	1	4%	13	0	0%	0	0	0%	0	0%	0.36	2%	0	0%	
Peaches, Yellow Cling, Sliced, in Extra Light Syrup, 0.5 cup	60	0	0%	0	0%	0	0	0%	10	0%	14	5%	1	4%	11	7	14%	0	0	0%	1	0%	0	0%	81	2%	Peaches, water, sugar. COMMON ALLERGENS PRESENT: None.
Pears, Bartlett, Sliced, in Juice, 0.5 cup	70	0	0%	0	0%	0	0	0%	0	0%	16	5%	2	8%	11	0	0%	0	0	0%	10	1%	0	0%	100	3%	Pears, Water, Pear Juice From Concentrate. COMMON ALLERGENS PRESENT: None.
Pineapple, Chunked, in Juice, 0.5 cup	60	0	0%	0	0%	0	0	0%	0	0%	16	5%	1	4%	15	0	0%	1	0	0%	0	0%	0.36	2%	150	4%	PINEAPPLE, PINEAPPLE JUICE, AND CLARIFIED PINEAPPLE JUICE FROM CONCENTRATE(WATER, CLARIFIED PINEAPPLE JUICE CONCENTRATE), AND CITRIC ACID COMMON ALLERGENS PRESENT: None.
Prunes, in Juice, Pitted, 0.5 cup	130	0	0%	0	0%	0	0	0%	0	0%	35	12%	4	16%	21	0	0%	1	0	0%	30	3%	0.5	3%	400	11%	Prunes, Water, and pear juice from concentrate. WARNING: This product is mechanically pitted and may contain occasional pits or pit fragments. COMMON ALLERGENS PRESENT: None.
Raisins, Pouch, 1 cup	430	0.5	1%	0	0%	0	0	0%	15	1%	115	38%	5	21%	86	0	0%	5	0	0%	72.5	7%	2.73	15%	1086	31%	
Cranberries, Dried, Sweetened, 0.25 cup	130	0	0%	0	0%	0	0	0%	0	0%	33	11%	3	12%	29	0	0%	0	0	0%	0	0%	0	0%	0	0%	
Olives, Spanish Black Ripe, Sliced, 2 tbsp	30	2.5	4%	1	3%	0	0	0%	150	6%	1	0%	0	0%	0	0	0%	0	0	0%	0	0%	1.08	6%	0	0%	Ripe Olives, Water, Salt, Ferrous Gluconate added to stabilize color. ATTENTION: DUE TO MECHANICAL PITTING, AN OCCASIONAL PIT MAY REMAIN IN THE FRUIT. COMMON ALLERGENS PRESENT: None.
Olives, Spanish Manzanilla, Sliced, 2 tbsp	35	3	5%	1	5%	0	0	0%	300	13%	0	0%	0	0%	0	0	0%	0	0	0%	0	0%	0	0%	0	0%	Olives, Water, Salt, Lactic Acid. Attention: Due to mechanical pitting, an occasional pit may remain in the fruit. COMMON ALLERGESN PRESENT: None.
Peppers, Italian Red, Roasted, 0.75 cup	40	0	0%	0	0%	0	0	0%	310	13%	8	3%	2	8%	6	0	0%	1	0	0%	12	1%	0.6	3%	216	6%	Roasted Peppers, Water, Salt, Citric Acid. COMMON ALLERGENS PRESENT: None
Peppers, Red, Italian-Style, Roasted, 1 Pc (130g)	25	0	0%	0	0%	0	0	0%	310	13%	7	2%	2	8%	5	0	0%	0	0	0%	40	4%	0.6	3%	170	5%	Red Peppers, Water, Salt, Citric Acid, Calcium Chloride. COMMON ALLERGENS PRESENT: None.
Mixed Vegetables, 4-Way, 0.67 cup	50	0	0%	0	0%	0	0	0%	15	1%	11	4%	3	12%	4	0	0%	2	0	0%	0	0%	0.5	3%	100	3%	Carrots, corn, green beans, peas. COMMON ALLERGENS PRESENT: None.
Peas & Carrots, 0.67 cup	50	0	0%	0	0%	0	0	0%	20	1%	10	3%	3	12%	4	0	0%	2	0	0%	0	0%	0.7	4%	90	3%	Peas, Carrots. COMMON ALLERGENS PRESENT: None.

Description	Calories	Fat (g)	% Daily Value	Sat Fat (g)	% Daily Value	Trans Fat (g)	Chol (mg)	% Daily Value	Sodium (mg)	% Daily Value	Total Carb (g)	% Daily Value	Dietary Fiber (g)	% Daily Value	Total Sugars (g)	Added Sugars	% Daily Value	Protein (g)	Vitamin D (mcg)	% Daily Value	Calcium (mg)	% Daily Value	Iron (mg)	% Daily Value	Potassium (mg)	% Daily Value	Ingredient Statement
Peas & Pearl Onions, 0.67 cup	60	0	0%	0	0%	0	0	0%	0	0%	12	4%	3	12%	4	0	0%	4	0	0%	0	0%	1	6%	0	0%	Peas, pearl onions. COMMON ALLERGENS PRESENT: None.
Peppers & Onions, Flame-Roasted, 5.03 oz	80	1.5	2%	0	0%	0	0	0%	220	9%	14	5%	3	12%	7	1	2%	2	0	0%	30	3%	0.7	4%	230	7%	
Stew Vegetables, 0.67 cup	25	0	0%	0	0%	0	0	0%	0	0%	5	2%	0	0%	2	0	0%	1	0	0%	20	2%	0.72	4%	160	5%	Sliced Celery, Diced Potatoes, Pearl Onions, Sm. Sliced Carrots, Diced Carrots. COMMON ALLERGENS PRESENT: None.
Vegetable Blend, California, 0.75 cup	25	0	0%	0	0%	0	0	0%	30	1%	5	2%	2	8%	2	0	0%	1	0	0%	20	2%	0	0%	0	0%	Broccoli Florets, Cauliflower Clusters, Sliced Crinkle Cut Carrots. COMMON ALLERGENS PRESENT: None.
Vegetable Blend, Capri, 0.75 cup	25	0	0%	0	0%	0	0	0%	15	1%	5	2%	2	8%	2	0	0%	1	0	0%	20	2%	0	0%	0	0%	Zucchini, Yellow Squash, Carrots, Green Beans. COMMON ALLERGENS PRESENT: None.
Vegetable Blend, Corn & Black Bean Fiesta, Flame-Roasted, 103g	110	3	5%	1	2%	0	0	0%	150	6%	17	6%	4	16%	5	0	0%	4	0	0%	0	0%	1.2	7%	270	8%	
Vegetable Blend, Italian, 0.75 cup	40	0	0%	0	0%	0	0	0%	30	1%	6	2%	2	8%	2	0	0%	1	0	0%	0	0%	0.4	2%	110	3%	
Vegetable Blend, Key West, 0.66 cup	30	0	0%	0	0%	0	0	0%	25	1%	6	2%	2	8%	2	0	0%	1	0	0%	27	3%	0	0%	160	5%	Green Beans, Carrots, Yellow Carrots and Red Peppers. COMMON ALLERGENS PRESENT: None.
Vegetable Blend, Oriental, 1 cup	30	0	0%	0	0%	0	0	0%	10	0%	6	2%	2	8%	2	0	0%	1	0	0%	25	3%	0.4	2%	100	3%	Green Beans, Broccoli, Onions, Mushrooms, Red Peppers. COMMON ALLERGENS PRESENT: None.
Vegetable Blend, Succotash, 0.67 cup	100	0.5	1%	0	0%	0	0	0%	30	1%	19	6%	4	16%	5	0	0%	4	0	0%	0	0%	0.7	4%	160	5%	Corn, lima beans. COMMON ALLERGENS PRESENT: None.
Beans, Black, 0.5 cup	100	0	0%	0	0%	0	0	0%	140	6%	18	6%	6	24%	2	0	0%	7	0	0%	40	4%	2	11%	400	11%	Black Beans, Water, Salt, Calcium Chloride. COMMON ALLERGENS PRESENT: None
Beans, Garbanzo, 0.5 cup	80	1.5	2%	0	0%	0	0	0%	140	6%	13	4%	4	16%	2	0	0%	4	0	0%	26	3%	1	6%	0	0%	Cooked Dried Chick Peas, Water, Salt. COMMON ALLERGENS PRESENT: None.
Beans, Great Northern, 0.5 cup	120	0	0%	0	0%	0	0	0%	140	6%	21	7%	7	28%	1	0	0%	7	0	0%	63	6%	2	11%	474	14%	Great northern white beans, water, salt, calcium chloride. COMMON ALLERGENS PRESENT: None.
Beans, Green, Cut, Mixed Sieve, 0.5 cup	20	0	0%	0	0%	0	0	0%	290	12%	4	1%	2	8%	2	0	0%	1	0	0%	30	3%	0.4	2%	100	3%	Green beans, water, salt, zinc chloride for color stabilization. COMMON ALLERGENS PRESENT: NONE.
Beans, Kettle-Style Baked, with Brown Sugar, 0.5 cup	130	0.5	1%	0	0%	0	0	0%	310	13%	26	9%	5	20%	6	5	10%	7	0	0%	52	5%	2	11%	393	11%	White Beans, Water, Sugar, Brown Sugar, Modified Food Starch, Salt, Bacon (Water, Salt, Sugar, Sodium Phosphate, Sodium Erythorbate, Sodium Nitrate), Mustard Flour, Caramel Color, Liquid Smoke, Calcium Chloride, Natural Flavor. COMMON ALLERGENS PRESENT: None.
Beans, Light Red Kidney, 0.5 cup	120	0	0%	0	0%	0	0	0%	140	8%	23	8%	9	36%	2	0	0%	8	0	0%	54	5%	3	17%	0	0%	Light Red Kidney Beans, Water, Sugar, Salt, Calcium Chloride. COMMON ALLERGENS PRESENT: None.
Beans, Lima, Baby, 0.5 cup	100	0	0%	0	0%	0	0	0%	80	3%	20	7%	6	24%	1	0	0%	5	0	0%	30	3%	1.3	7%	220	6%	Lima beans. COMMON ALLERGENS PRESENT: None.
Beans, Navy, Low Sodium, 0.5 cup	130	0.5	1%	0	0%	0	0	0%	140	6%	23	8%	6	24%	1	0	0%	8	0	0%	58	6%	2	11%	0	0%	Navy Beans, Water, Salt, Calcium Chloride. COMMON ALLERGENS PRESENT: None.
Beans, Pinto, 0.5 cup	120	0	0%	0	0%	0	0	0%	140	6%	21	7%	5	20%	1	0	0%	7	0	0%	42	4%	2	11%	0	0%	Prepared Pinto Beans, Water, Salt, Calcium Chloride (a firming agent). COMMON ALLERGENS PRESENT: None.
Beans, Refried, 0.5 cup	140	2	3%	1	2%	0	0	0%	530	22%	23	8%	6	24%	1	0	0%	8	0	0%	45	5%	2	11%	523	15%	Prepared Pinto Beans, Water, Lard, Salt. COMMON ALLERGENS PRESENT: None.
Edamame, Grade A, 3 oz	100	4	6%	1	2%	0	0	0%	5	0%	6	2%	4	16%	2	0	0%	9	0	0%	50	5%	1.8	10%	405	12%	
Lentils, Green, Dry-Packed																											
Three Bean Salad, 0.5 cup	120	1	2%	0	0%	0	0	0%	270	11%	26	9%	4	16%	18	0	0%	3	0	0%	45	5%	1	6%	0	0%	Cut Green Beans, Cut Wax Beans, Water, Dark Red Kidney Beans, Sugar, Vinegar, Diced Onions, Diced Red Bell Peppers, Soybean Oil, Salt, Natural Flavoring, Calcium Chloride, Disodium EDTA (To Preserve Color), Turmeric. COMMON ALLERGENS PRESENT: Soy.
Corn, Super Sweet, Cut, Grade A, 0.67 cup	100	1	2%	0	0%	0	0	0%	0	0%	21	7%	1	4%	5	0	0%	3	0	0%	0	0%	0	0%	0	0%	Corn. COMMON ALLERGENS PRESENT: None.
Peas, Black-Eyed, Dry, 0.25 cup	100	1	2%	0	0%	0	0	0%	0	0%	22	7%	6	24%	1	0	0%	8	0	0%	5	0%	2.1	12%	218	6%	Prepared Pinto Beans, Water, Salt, Calcium Chloride (a firming agent). COMMON ALLERGENS PRESENT: None.
Peas, Black-Eyed, Bush's Best, 0.5 cup	100	0	0%	0	0%	0	0	0%	450	19%	18	6%	3	12%	2	0	0%	7	0	0%	30	3%	2.4	13%	320	9%	Prepared Pinto Beans, Water, Lard, Salt. COMMON ALLERGENS PRESENT: None.
Peas, Green, Grade A, 0.67 cup	70	0	0%	0	0%	0	0	0%	0	0%	12	4%	4	16%	4	0	0%	5	0	0%	0	0%	1.1	6%	0	0%	Green Peas. COMMON ALLERGENS PRESENT: None.

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Peas, Sugar Snap, Grade A,	40	0	0%	0	0%	0	0	0%	5	0%	7	2%	2	8%	3	0	0%	2	0	0%	35	4%	0.5	3%	80	2%	Sugar snap peas. COMMON ALLERGENS PRESENT: None.
Potatoes, Baby Baker, Whole Roasted, 93g	100	2	3%	0	0%	0	0	0%	180	8%	17	6%	0	0%	0	0	0%	3	0	0%	10	1%	0.8	4%	260	7%	
Tomato Puree, California, 0.25 cup	40	0.5	1%	0	0%	0	0	0%	140	6%	7	2%	2	7%	5	0	0%	2	0	0%	13.79	1%	0.82	5%	422	12%	Vine-Ripened Tomatoes and Salt. COMMON ALLERGENS PRESENT: None.
Tomatoes, California, Diced, in Juice, 0.5 cup	25	0	0%	0	0%	0	0	0%	380	16%	4	1%	1	4%	3	0	0%	1	0	0%	20	2%	0.72	4%	0	0%	Vine ripened tomatoes, tomato juice, salt, calcium chloride, citric acid. COMMON ALLERGENS PRESENT: None.
Tomatoes, Diced, Sun-Dried, 1 oz	70	1	2%	0	0%	0	0	0%	270	11%	16	5%	3	12%	11	0	0%	4	0	0%	20	2%	2.52	14%	0	0%	
Tomatoes, Midwest, Stewed, Seasoned, in Juice, 0.5 cup	35	0	0%	0	0%	0	0	0%	270	11%	8	3%	1	4%	6	0	0%	1	0	0%	40	4%	0.72	4%	230	7%	Tomatoes, tomato juice, sugar, salt, dried onion, dried celery, dried bell pepper, citric acid, calcium chloride, natural flavors. COMMON ALLERGENS PRESENT: None.
Beets, Medium-Sliced, 0.5 cup	40	0	0%	0	0%	0	0	0%	260	11%	8	3%	1	4%	6	0	0%	0	0	0%	20	2%	0	0%	240	7%	Beets, water, salt. COMMON ALLERGENS PRESENT: None.
Brussels Sprouts, Medium, Grade A, 6 each	35	0	0%	0	0%	0	0	0%	10	0%	7	2%	3	13%	0	0	0%	3	0	0%	22.1	2%	0.85	5%	315	9%	Brussels sprouts. COMMON ALLERGENS PRESENT: None.
Asparagus Cuts & Tips, Grade A, 0.75 cup	20	0	0%	0	0%	0	0	0%	10	0%	3	1%	2	7%	0	0	0%	3	0	0%	21.25	2%	0.6	3%	213	6%	Asparagus. COMMON ALLERGENS PRESENT: None.
Broccoli Cuts, Grade A, 0.75 cup	25	0	0%	0	0%	0	0	0%	15	1%	5	2%	3	12%	1	0	0%	3	0	0%	35	4%	1	6%	213	6%	Broccoli. COMMON ALLERGENS PRESENT: None.
Cauliflower Florets, Grade A, 1 cup	20	0	0%	0	0%	0	0	0%	20	1%	4	1%	2	8%	2	0	0%	2	0	0%	19	2%	0	0%	164	5%	Cauliflower. COMMON ALLERGENS PRESENT: None.
Sauerkraut, Shredded, 2 tbsp	5	0	0%	0	0%	0	0	0%	200	8%	1	0%	0	0%	1	0	0%	0	0	0%	11	1%	0	0%	45	1%	PREPARED CABBAGE, WATER, SALT. COMMON ALLEGENS PRESENT: NONE.
Capers, Capote, 1 oz	5	0	0%	0	0%	0	0	0%	880	37%	1	0%	1	4%	0	0	0%	1	0	0%	10	1%	0.54	3%	0	0%	
Garlic, Chopped, in Water, 0.25 tsp	0	0	0%	0	0%	0	0	0%	0	0%	0	0%	0	0%	0	0	0%	0	0	0%	0	0%	0	0%	15	0%	
Onions, Diced, Grade A, 0.67 cup	25	0	0%	0	0%	0	0	0%	5	0%	6	2%	1	4%	3	0	0%	0	0	0%	0	0%	0	0%	0	0%	Onions. COMMON ALLERGENS PRESENT: None.
Spinach, Chopped, Grade A, 1 cup	25	0	0%	0	0%	0	0	0%	65	3%	3	1%	3	10%	0	0	0%	3	0	0%	109.65	11%	1.61	9%	294	8%	Spinach. COMMON ALLERGENS PRESENT: None.