

DEHYDRATED POTATO DICES

(1 pouch)

Nutrition Facts

Serving Size: 1/3 Cup (10g) Dry
Servings Per Container: 15

Amount Per Serving	
Calories 40	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 2% • 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
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 • Carbs 4 • Protein 4

INGREDIENTS:

Freeze-dried potatoes.

FREEZE DRIED PEAS

(1 pouch)

Nutrition Facts

Serving Size: 1/3 Cup (13g) Dry
Servings Per Container: 15

Amount Per Serving	
Calories 45	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 2g **8%**

 Sugars 0g

Protein 3g

Vitamin A 8% • Vitamin C 40%

Calcium 2% • 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 • Carbs 4 • Protein 4

INGREDIENTS:

Freeze-dried peas.

FREEZE-DRIED BROCCOLI

(1 pouch)

Nutrition Facts

Serving Size: 1/3 Cup (4g) Dry
Servings Per Container: 15

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 0mg **0%**

Total Carbohydrate 2g **1%**

 Dietary Fiber 1g **4%**

 Sugars 1g

Protein 1g

Vitamin A 15% • Vitamin C 60%

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
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 • Carbs 4 • Protein 4

INGREDIENTS:

Freeze-dried broccoli.

FREEZE DRIED SWEET CORN

(1 pouch)

Nutrition Facts

Serving Size: 1/4 Cup (10g) Dry
Servings Per Container: 20

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 7g **2%**

 Dietary Fiber 1g **4%**

 Sugars 4g

Protein 1g

Vitamin A 0% • Vitamin C 2%

Calcium 0% • 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
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 • Carbs 4 • Protein 4

INGREDIENTS:

Freeze-dried corn.

FREEZE-DRIED GREEN BEANS

(1 pouch)

Nutrition Facts

Serving Size: 1/4 Cup (3g) Dry
Servings Per Container: 20

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 0mg **0%**

Total Carbohydrate 1g **0%**

 Dietary Fiber 1g **4%**

 Sugars 1g

Protein 1g

Vitamin A 4% • Vitamin C 8%

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
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 • Carbs 4 • Protein 4

INGREDIENTS:

Freeze-dried green beans.

DEHYDRATED CHOPPED ONIONS

(1 pouch)

Nutrition Facts

Serving Size: 1 Tsp (3g) Dry
Servings Per Container: 24

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 0mg **0%**

Total Carbohydrate 2g **1%**

 Dietary Fiber 0g **0%**

 Sugars 1g

Protein 0g

Vitamin A 0% • Vitamin C 4%

Calcium 0% • 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
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 • Carbs 4 • Protein 4

INGREDIENTS:

Onions.