DEHYDRATED **POTATO DICES**

(1 pouch)

	S Cu	ıp (10g		
	ntai	ner: 15	-	Эry
g				
(Calo	ories fr	on	n Fat O
		%	Da	aily Value*
				0%
ət	0a			0%
	- 3			
<u> </u>				0.0/
-	g			0%
3				1%
/dı	rate	8g		3%
r 2	2g			8%
				-
%	•	Vitami	n C	: 15%
%	•	Iron		4%
dai on	ly va your	lues may calorie r	be nee	higher or
ess	than	6	5g	80g
ess	than	20)g	25g
ess	than	300n	ng	300mg
ess	than	2,400n	ng	2,400mg
е		300)g	
		25	ōg	30g
	at 9 /di 9 /di 9 /di 9% /di 10 /di 0 0 /di /di /di /di /di /di /di /di /di /di	Calc at Og g ydrate r 2g % • lues are daily va on your Calories ess than ess than ess than re	Calories fr % at Og g ydrate 8g er 2g % • Vitamin % • Iron lues are based daily values may on your calorie r Calories 2,000 ess than 24000 re 300 21	Calories from % Da % Da g ymg g ydrate 8g er 2g % • Vitamin C % • Iron lues are based on daily values may be on your calorie nee Calories 2,000 ess than 65g ess than 20g ess than 300mg ess than 2,400mg

FREEZE DRIED PEAS (1 pouch)

Nutri Serving Size	-	-	-	
Serving Size				JIY
Amount Per Ser	-	<u></u>		
Calories 45		Caic	ries fron	
			% Da	ily Value*
Total Fat Og	g			0%
Saturated	Fat	0g		0%
Trans Fat	0g			
Cholesterol	0m	a –		0%
		9		
Sodium Om	-			0%
Total Carbo	hyd	rate	6g	2%
Dietary Fil	oer	2g		8%
Sugars Og				
Protein 3a				
Vitamin A	8%	•	Vitamin C	
Calcium	2%	•	Iron	4%
*Percent Daily calorie diet. Yo	ur da	ily val	ues may be	higher or
lower dependir	-			
	Ca	ories	2,000	2,500
Total Fat	Ca Less	ories than	2,000 65g	2,500 80g
Total Fat Saturated Fat	Ca Less Less	lories than than	2,000 65g 20g	2,500 80g 25g
Total Fat Saturated Fat Cholesterol	Ca Less Less Less	than than than than	2,000 65g 20g 300mg	2,500 80g 25g 300mg
Total Fat Saturated Fat	Ca Less Less Less Less	than than than than	2,000 65g 20g	2,500 80g 25g 300mg

FREEZE-DRIED BROCCOLI

(1 pouch)

Amount Per Se	rving			
Calories 10		Calc	ries fron	n Fat C
			% Da	aily Value
Total Fat C)g			0%
Saturated	Fat	0a		0%
Trans Fat	0a			-
Cholestero	- 5			0%
Sodium On		9		0%
	-			
Total Carbo	-		2g	1%
Dietary F	iber 1	g		4%
Sugars 1g	J			
Protein 1g				
Vitamin A	15%	•	Vitamin C	60%
Calcium	2%	•	Iron	2%
*Percent Daily			ues may be	higher o
calorie diet. Ye lower depend	ing on	your ories	2,000	2,500
calorie diet. Y	ing on	ories	2,000	2,500 80g
calorie diet. Ye lower depend Total Fat Saturated Fat	ing on Cale Less t Less	ories than than	2,000 65g 20g	
calorie diet. Yı́ lower depend Total Fat Saturated Fat Cholesterol	ing on Cale Less t Less Less	than than than than	2,000 65g 20g 300mg	809 259 300mg
calorie diet. Yí lower depend Total Fat Saturated Fat Cholesterol Sodium	ing on Cale Less t Less Less Less	than than than than	2,000 65g 20g 300mg 2,400mg	80 25 300m 2,400m
calorie diet. Ýi lower depend Total Fat Saturated Fal Cholesterol Sodium Total Carbohyo	ing on Cale Less t Less Less Less	than than than than	2,000 65g 20g 300mg 2,400mg 300g	809 259 300ms 2,400ms 3759
calorie diet. Yí lower depend Total Fat Saturated Fat Cholesterol Sodium	ing on Cale Less t Less Less Less	than than than than	2,000 65g 20g 300mg 2,400mg	80 25 300m 2,400m

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 Og 0% Trans Fat Og Cholesterol Omg 0% 0% Sodium Omg Total Carbohydrate 7g 2% Dietary Fiber 1g 4% Sugars 4g Protein 1g Vitamin A 0% • Vitamin C 2% 0% • Iron Calcium 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 potatoes.

INGREDIENTS: Freeze-dried peas.

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 S	erving				
Calories 10	o	Cale	ories	from	Fat 0
				% Dail	y Value*
Total Fat	0g				0%
Saturate	d Fat	: 0g			0%
Trans Fa	t Og				
Cholester	ol On	ng			0%
Sodium 0	mg				0%
Total Carb	ohyd	drate	g 1g		0%
Dietary F	iber	1g			4%
Sugars 1	g				
Protein 1g					
Vitamin A	4%	•	Vita	min C	8%
Calcium	2%	•	Iron		2%
*Percent Dail; calorie diet. Y lower depend	/our da ding o	aily va n youi	lues n calor	nay be h ie need:	igher or s.
	0	مامينامه		000	2 500

DEHYDRATED **CHOPPED ONIONS** (1 pouch)

Nutrition Facts							
Serving Size: 1 Tsp (3g) Dry							
Servings P	er Co	onta	iner:	24			
Amount Per Se	rving						
Calories 10)	Cal	ories	from	Fat 0		
				% Dail	y Value*		
Total Fat ()g				0%		
Saturated	l Fat	0g			0%		
Trans Fat	0g						
Cholesterol Omg 0%							
Sodium Omg 0%							
Total Carb	ohyc	Irate	e 2g		1%		
Dietary F	iber	0g			0%		
Sugars 1g	3						
Protein Og							
Vitamin A	0%	•	Vite	min C	4%		
				min C			
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.							
	Ca	alorie	5 2	000	2 500		

	Calories	2,000	2,500		Calories	2,000	2,500
Total Fat	Less than	65g	80g	Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g	Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg	Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg	Sodium	Less than	2,400mg	2,400mg
Total Carbohyd	rate	300g	375g	Total Carbohyd	rate	300g	375g
Dietary Fiber		25g	30g	Dietary Fiber		25g	30g
Calories per gra	m: Fat 9 •	Carbs 4 •	Protein 4	Calories per gra	m: Fat 9 •	Carbs 4 •	Protein 4

INGREDIENTS:

INGREDIENTS:

Freeze-dried green beans

