

**Flakes broccoli, cauliflower
and carrot**

Nutrition Facts

4.5 servings per container

Serving size 1 cup (100g)

Amount per serving

Calories 40

% Daily Value*

Total Fat 0.2g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 27mg 1%

Total Carbohydrate 6.8g 2%

Dietary Fiber 4.1g 16%

Total Sugars 2.9g

Includes 0g Added Sugars 0%

Protein 2g

Vitamin D 0mcg 0%

Calcium 20mg 2%

Iron 0.18mg 1%

Potassium 285mg 8%

Vitamin C 46mg 76%

* 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.

Flakes broccoli and cauliflower

Nutrition Facts

4.5 servings per container

Serving size 1 cup (100g)

Amount per serving

Calories 40

% Daily Value*

Total Fat 0.2g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 20mg 1%

Total Carbohydrate 5.7g 2%

Dietary Fiber 4.2g 16%

Total Sugars 1.2g

Includes 0g Added Sugars 0%

Protein 2.5g

Vitamin D 0mcg 0%

Calcium 20mg 2%

Iron 0.1mg 1%

Potassium 309mg 9%

* 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.

Flakes cauliflower

Nutrition Facts

4.5 servings per container

Serving size 1 1/2 cup (100g)

Amount per serving

Calories 40

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 30mg 1%

Total Carbohydrate 8g 3%

Dietary Fiber 3g 12%

Total Sugars 2g

Includes 0g Added Sugars 0%

Protein 2g

Vitamin D 0mcg 0%

Calcium 20mg 2%

Iron 0.5mg 2%

Potassium 300mg 9%

* 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.

Flakes broccoli

Nutrition Facts

4.5 servings per container

Serving size 1 1/4 cup (100g)

Amount per serving

Calories 40

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 10mg 1%

Total Carbohydrate 6g 2%

Dietary Fiber 6g 23%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 3g

Vitamin D 0mcg 0%

Calcium 20mg 2%

Iron 0mg 0%

Potassium 316mg 9%

Vitamin C 89.2mg 149%

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