

Veg medley

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%**

* 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.