

Flakes broccoli, cauliflower  
and carrot

# Nutrition Facts

4.5 servings per container  
Serving size1 cup (100g)

Amount per serving  
Calories40

	% 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 size1 cup (100g)

Amount per serving  
Calories40

	% 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%

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Flakes cauliflower

# Nutrition Facts

4.5 servings per container  
Serving size1 1/2 cup (100g)

Amount per serving  
Calories40

	% 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 size1 1/4 cup (100g)

Amount per serving  
Calories40

	% 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%

\* 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.