

## SCRAMBLED EGG MIX

(1 can)

### Nutrition Facts

Serving Size: 2 Tbsp (11g) Dry  
Servings Per Container: 92

Amount Per Serving  
**Calories 60**    **Calories from Fat 35**

	% Daily Value*	
<b>Total Fat</b> 4g		<b>6%</b>
Saturated Fat 1g		<b>5%</b>
Trans Fat 0g		

**Cholesterol** 165mg    **54%**

**Sodium** 85mg    **4%**

**Total Carbohydrate** 2g    **1%**

  Dietary Fiber 0g    **0%**

  Sugars 0g

**Protein** 4g

Vitamin A 0% • Vitamin C 0%

Calcium 6% • 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

## SUPER NUTTY GRANOLA

(1 can)

### Nutrition Facts

Serving Size: 1/2 Cup (55g) Dry  
Servings Per Container: 24

Amount Per Serving  
**Calories 250**    **Calories from Fat 90**

	% Daily Value*	
<b>Total Fat</b> 10g		<b>16%</b>
Saturated Fat 2g		<b>10%</b>
Trans Fat 0g		

**Cholesterol** 0mg    **0%**

**Sodium** 55mg    **2%**

**Total Carbohydrate** 35g    **12%**

  Dietary Fiber 4g    **18%**

  Sugars 6g

**Protein** 6g

Vitamin A 0% • Vitamin C 0%

Calcium 2% • Iron 10%

\*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:

Whole eggs, nonfat dry milk, vegetable oil.

**Contains allergens:** Milk and eggs.

## INGREDIENTS:

Whole rolled oats, milled cane sugar, vegetable oil (canola and/or safflower and/or sunflower oil), molasses, coconut, almonds, sesame seeds, sunflower seeds, cashews, walnuts, honey, salt, natural flavor, cardamom seed, fennel seed, fenugreek seed, nutmeg.

**Contains allergens:** Coconut, cashews, walnuts and almonds. May contain other tree nuts, wheat, and soy.

## FREEZE DRIED SLICED STRAWBERRIES

(1 can)

### Nutrition Facts

18 servings per container  
**Serving size 1/2 Cup (10g) Dry**  
(about 1/2 Cup prepared)

Amount per serving  
**Calories 35**

	% Daily Value*	
<b>Total Fat</b> 0g		<b>0%</b>
Saturated Fat 0g		<b>0%</b>
Trans Fat 0g		

**Cholesterol** 0mg    **0%**

**Sodium** 0mg    **0%**

**Total Carbohydrate** 5g    **2%**

  Dietary Fiber 2g    **7%**

  Total Sugars 5g

    Includes 0g Added Sugars    **0%**

**Protein** 1g

Vitamin D 0mcg    **0%**

Calcium 18mg    **2%**

Iron 1mg    **6%**

Potassium 159mg    **4%**

Vitamin C 68mg    **80%**

\*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.

**INGREDIENTS:** Freeze dried strawberries.