

**FREEZE DRIED SWEET CORN**

(1 can)

## Nutrition Facts

23 servings per container  
**Serving size 1/2 Cup (19g) Dry**  
 (about 1/2 Cup prepared)

Amount per serving	
<b>Calories</b>	<b>80</b>
% Daily Value*	
<b>Total Fat</b> 1.5g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 14g	<b>5%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 7g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 2g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 158mg	4%

\*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.

**FREEZE DRIED PEAS**

(1 can)

## Nutrition Facts

19 servings per container  
**Serving size 1/2 Cup (23g) Dry**  
 (about 1/2 Cup prepared)

Amount per serving	
<b>Calories</b>	<b>80</b>
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 5mg	<b>0%</b>
<b>Total Carbohydrate</b> 11g	<b>4%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 6g	
Vitamin D 0mcg	0%
Calcium 23mg	2%
Iron 1mg	6%
Potassium 220mg	4%

\*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.

**DEHYDRATED DICED CARROTS**

(1 can)

## Nutrition Facts

40 servings per container  
**Serving size 1/4 Cup (27g) Dry**  
 (about 3/4 Cup prepared)

Amount per serving	
<b>Calories</b>	<b>90</b>
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 75mg	<b>3%</b>
<b>Total Carbohydrate</b> 21g	<b>8%</b>
Dietary Fiber 6g	<b>21%</b>
Total Sugars 10g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 2g	
Vitamin D 0mcg	0%
Calcium 57mg	4%
Iron 1mg	6%
Potassium 686mg	15%

\*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 corn.

**INGREDIENTS:** Freeze dried peas.

**INGREDIENTS:** Carrot dices.