

# Agason Farms

## HARD WHITE WHEAT

(6 cans)

### Nutrition Facts

Serving Size: 1/4 Cup (43g) Dry Servings Per Container: 51

Amount Per Serving		% Daily Value*	
Calories 140	Calories from Fat 5		
Total Fat	0.5g	1%	
Saturated Fat	0g	0%	
Trans Fat	0g	0%	
Cholesterol	0mg	0%	
Sodium	15mg	1%	
Total Carbohydrate	31g	10%	
Dietary Fiber	6g	23%	
Sugars	2g		
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:

Hard white wheat berries.

Contains allergens: Wheat.

## BACON FLAVORED BITS

## VEGETARIAN MEAT SUBSTITUTE

(3 cans)

### Nutrition Facts

Serving Size: 1 Tbsp (5g) Dry Servings Per Container: 192

Amount Per Serving		% Daily Value*	
Calories 15	Calories from Fat 5		
Total Fat	0.5g	1%	
Saturated Fat	0g	0%	
Trans Fat	0g	0%	
Cholesterol	0mg	0%	
Sodium	115mg	5%	
Total Carbohydrate	1g	0%	
Dietary Fiber	less than 1g	4%	
Sugars	0g		
Protein	2g		
Vitamin A	0%	Vitamin C	0%
Calcium	2%	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

### INGREDIENTS:

Textured vegetable protein (soy flour, caramel color, red 5, soybean oil, salt, natural flavoring).

Contains allergens: Soy.

## ELBOW MACARONI

(4 cans)

### Nutrition Facts

Serving Size: 1/2 Cup (54g) Dry Servings Per Container: 26

Amount Per Serving		% Daily Value*	
Calories 200	Calories from Fat 10		
Total Fat	1g	2%	
Saturated Fat	0g	0%	
Trans Fat	0g	0%	
Cholesterol	0mg	0%	
Sodium	0mg	0%	
Total Carbohydrate	40g	13%	
Dietary Fiber	2g	8%	
Sugars	2g		
Protein	7g		
Vitamin A	0%	Vitamin C	0%
Calcium	2%	Iron	50%

\*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:

Semolina, niacin, ferrous sulfate, iron, thiamine mononitrate, riboflavin, folic acid.

Contains allergens: Wheat.

## FREEZE DRIED SLICED STRAWBERRIES

(1 can)

### Nutrition Facts

Serving Size: 1/2 Cup (86g) Dry Servings Per Container: 10

Amount Per Serving		% Daily Value*	
Calories 35	Calories from Fat 5		
Total Fat	0g	0%	
Saturated Fat	0g	0%	
Trans Fat	0g	0%	
Cholesterol	0mg	0%	
Sodium	0mg	0%	
Total Carbohydrate	5g	2%	
Dietary Fiber	2g	8%	
Sugars	5g		
Protein	1g		
Vitamin A	0%	Vitamin C	110%
Calcium	2%	Iron	4%

\*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:

Sliced freeze-dried strawberries.

## FREEZE DRIED SWEET CORN

(2 cans)

### Nutrition Facts

Serving Size: 1/2 Cup (19g) Dry Servings Per Container: 23

Amount Per Serving		% Daily Value*	
Calories 70	Calories from Fat 5		
Total Fat	1g	2%	
Saturated Fat	0g	0%	
Trans Fat	0g	0%	
Cholesterol	0mg	0%	
Sodium	0mg	0%	
Total Carbohydrate	13g	4%	
Dietary Fiber	2g	8%	
Sugars	0g		
Protein	2g		
Vitamin A	0%	Vitamin C	8%
Calcium	2%	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

### INGREDIENTS:

Freeze-dried corn.

## BEEF FLAVORED VEGETARIAN MEAT SUBSTITUTE

(2 cans)

### Nutrition Facts

Serving Size: 1/4 Cup (26g) Dry Servings Per Container: 40

Amount Per Serving		% Daily Value*	
Calories 90	Calories from Fat 35		
Total Fat	4g	6%	
Saturated Fat	0.5g	3%	
Trans Fat	0g	0%	
Cholesterol	0mg	0%	
Sodium	480mg	20%	
Total Carbohydrate	7g	2%	
Dietary Fiber	3g	12%	
Sugars	2g		
Protein	11g		
Vitamin A	0%	Vitamin C	0%
Calcium	6%	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:

Textured vegetable protein (soy flour, caramel color, red 5, soybean oil, salt, natural flavoring).

Contains allergens: Soy.

## LENTILS

(1 can)

### Nutrition Facts

Serving Size: 1/4 Cup (47g) Dry Servings Per Container: 48

Amount Per Serving		% Daily Value*	
Calories 100	Calories from Fat 0		
Total Fat	0g	0%	
Saturated Fat	0g	0%	
Trans Fat	0g	0%	
Cholesterol	0mg	0%	
Sodium	5mg	0%	
Total Carbohydrate	28g	9%	
Dietary Fiber	13g	52%	
Sugars	0g		
Protein	12g		
Vitamin A	0%	Vitamin C	0%
Calcium	0%	Iron	20%

\*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:

Lentils.

## PINTO BEANS

(1 can)

### Nutrition Facts

Serving Size: 1/2 Cup (86g) Dry Servings Per Container: 26

Amount Per Serving		% Daily Value*	
Calories 300	Calories from Fat 0		
Total Fat	0g	0%	
Saturated Fat	0g	0%	
Trans Fat	0g	0%	
Cholesterol	0mg	0%	
Sodium	0mg	0%	
Total Carbohydrate	54g	18%	
Dietary Fiber	20g	80%	
Sugars	4g		
Protein	18g		
Vitamin A	0%	Vitamin C	0%
Calcium	10%	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:

Pinto Beans.

## HONEY COATED BANANA SLICES

(3 cans)

### Nutrition Facts

Serving Size: 1/2 Cup (42g) Dry Servings Per Container: 22

Amount Per Serving		% Daily Value*	
Calories 230	Calories from Fat 140		
Total Fat	15g	23%	
Saturated Fat	14g	68%	
Trans Fat	0g	0%	
Cholesterol	0mg	0%	
Sodium	0mg	0%	
Potassium	210mg	6%	
Total Carbohydrate	18g	6%	
Dietary Fiber	2g	6%	
Sugars	12g		
Protein	0g		
Vitamin A	0%	Vitamin C	0%
Calcium	10%	Iron	0%

\*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:

Bananas, coconut/vegetable oil, sugar/honey, natural flavoring.

## POTATO GEMS

(2 cans)

### Nutrition Facts

Serving Size: 1/4 Cup (30g) Dry Servings Per Container: 45

Amount Per Serving		% Daily Value*	
Calories 110	Calories from Fat 15		
Total Fat	1.5g	2%	
Saturated Fat	0g	0%	
Trans Fat	0g	0%	
Cholesterol	0mg	0%	
Sodium	520mg	22%	
Total Carbohydrate	22g	7%	
Dietary Fiber	2g	8%	
Sugars	1g		
Protein	1g		
Vitamin A	0%	Vitamin C	15%
Calcium	2%	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

### INGREDIENTS:

Potato gems (potato, canola oil (preserved with citric acid and BHT), salt, contains 2% or less of artificial color, mono and diglycerides, natural and artificial flavor. Freshness preserved with sodium bisulfite and BHT.

Contains allergens: Milk.

## DEHYDRATED POTATO SLICES

(2 cans)

### Nutrition Facts

Serving Size: 1/2 Cup (20g) Dry Servings Per Container: 28

Amount Per Serving		% Daily Value*	
Calories 70	Calories from Fat 0		
Total Fat	0g	0%	
Saturated Fat	0g	0%	
Trans Fat	0g	0%	
Cholesterol	0mg	0%	
Sodium	15mg	1%	
Total Carbohydrate	16g	5%	
Dietary Fiber	2g	6%	
Sugars	1g		
Protein	0g		
Vitamin A	0%	Vitamin C	10%
Calcium	0%	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

### INGREDIENTS:

Potato slices preserved with sodium bisulfite.

## LONG GRAIN WHITE RICE

(2 cans)

### Nutrition Facts

Serving Size: 1/4 Cup (47g) Dry Servings Per Container: 47

Amount Per Serving		% Daily Value*	
Calories 170	Calories from Fat 0		
Total Fat	0g	0%	
Saturated Fat	0g	0%	
Trans Fat	0g	0%	
Cholesterol	0mg	0%	
Sodium	115mg	5%	
Total Carbohydrate	37g	12%	
Dietary Fiber	0g	0%	
Sugars	0g		
Protein	3g		
Vitamin A	0%	Vitamin C	0%
Calcium	0%	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	
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