

Squash Medley

Nutrition Facts

1 Serving Per Container

Serving Size 12 oz. (365g)

Amount Per Serving
Calories 210

% Daily Value *

Total Fat 14g **18%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 75mg **4%**

Total Carbohydrates 22g **8%**

Dietary Fiber 5g **18%**

Total Sugars 13g

Includes 0g Added Sugars **0%**

Protein 4g

Vitamin D 0mcg **0%**

Calcium 90mg **6%**

Iron 1.4mg **8%**

Potassium 810mg **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: Zucchini Summer Squash, Squash, Carrots, Sweet Onions, Extra Virgin Olive Oil, Lemon Juice, Garlic, Basil