

# LAKE SIDE FOODS

## Oriental Blend

### Nutrition Facts

Serving Size 1 cup ( 95 g )

Servings Per Container (see chart at right)

#### Amount Per Serving

**Calories** 35 **Calories from Fat** 0

% Daily Value\*

**Total Fat** 0 g **0 %**

Saturated Fat 0 g **0 %**

Trans Fat 0 g

**Cholesterol** 0 mg **0 %**

**Sodium** 15 mg **1 %**

**Total Carbohydrate** 5 g **2 %**

Dietary Fiber 2 g **8 %**

Sugars 2 g

**Protein** 1 g

Vitamin A 2 % **■** Vitamin C 20 %

Calcium 2 % **■** 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
Sat 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 **■** Carbohydrate 4 **■** Protein 4

Frozen Package Size	Net Weight			Servings
	oz	lb	g	
12 oz	12		340	About 3.5
14 oz	14		397	About 4
16 oz	16		454	About 5
32 oz	32		907	About 10

#### Ingredients:

Green Beans, Broccoli, Onions, Mushrooms.

Allergens: None

These nutrient values were derived from the 2001 AFFI Database.