

14 Carrot Gold

Nutrition Facts

Serving Size: (0.0g)

Servings Per Container: 1

Amount Per Serving

Calories 690 Calories from Fat 15

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 540mg **23%**

Total Carbohydrate 165g **55%**

Dietary Fiber 31g **124%**

Sugars 62g

Protein 12g

Vitamin A 2690% • Vitamin C 80%

Calcium 30% • Iron 25%

* 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 |

INGREDIENTS: SWEET POTATO,
CARROTS, APPLES, CINNAMON