

# Veg Out

## Nutrition Facts

Serving Size: (0.0g)

Servings Per Container: 1

### Amount Per Serving

**Calories** 220      Calories from Fat 15

### % Daily Value\*

**Total Fat** 2g      **3%**

Saturated Fat 0g      **0%**

*Trans Fat* 0g

**Cholesterol** 0mg      **0%**

**Sodium** 260mg      **11%**

**Total Carbohydrate** 49g      **16%**

Dietary Fiber 13g      **52%**

Sugars 23g

**Protein** 9g

Vitamin A 650%      •      Vitamin C 180%

Calcium 25%      •      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
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: CUCUMBER, CARROTS,  
BEETS, KALE, CELERY, GINGER