

Frozen Veggie Mac No Gluten

Nutrition Facts

1 serving per container

Serving size 9 Ounces (255g)

Amount Per Serving

Calories 360

% Daily Value*

Total Fat 17g **22%**

Saturated Fat 2.5g **13%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 620mg **27%**

Total Carbohydrate 46g **17%**

Dietary Fiber 4g **14%**

Total Sugars 3g

Includes 0g Added Sugars **0%**

Protein 8g **16%**

Vitamin D 0mcg 0%

Calcium 40mg 4%

Iron 2.1mg 10%

Potassium 300mg 6%

Vitamin A 720mcg 80%

Vitamin C 6mg 6%

Vitamin E 1.9mg 15%

Vitamin K 14mcg 10%

Thiamin 0.2mg 15%

Riboflavin 0.1mg 4%

Niacin 0.9mg 6%

Vitamin B6 0.2mg 15%

Folate 15mcg DFE 4%

Pantothenic Acid 0.4mg 8%

Phosphorus 100mg 8%

Magnesium 50mg 10%

Zinc 0.9mg 8%

Selenium 3mcg 6%

Copper 0.3mg 40%

Manganese 0.3mg 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: FILTERED WATER, ORGANIC POTATOES, BROWN RICE NOODLES (WHOLE GRAIN BROWN RICE FLOUR, GOLDEN MILLED FLAX SEED), ORGANIC ONIONS, ORGANIC BUTTERNUT SQUASH, ORGANIC CARROTS, ORGANIC RAW CASHEW NUTS, ORGANIC OLIVE OIL, ORGANIC CANNELLINI BEANS, ORGANIC LEMON JUICE, LESS THAN 2% OF: SEA SALT, SPICE, ORGANIC WHITE VINEGAR, NON-GMO ROSEMARY OIL (ROSEMARY EXTRACT, CANOLA OIL), ORGANIC TAPIOCA FLOUR, XANTHAN GUM

CONTAINS: CASHEW

MANUFACTURED BY DAY TO DAY FRESH FROZEN FOODS, LLC
3700 GILBERT ST
DETROIT, MI 48210
WWW.VEGGIEMAC.COM
HELLO@VEGGIEMAC.COM
313-757-6834