

# Church Brothers Veggies & Sauce Nutrition Panels



*Pizzalicious Broccoli Bites*

Nutrition Facts	
Serving Size 1/2 Cup (112g)	
Servings Per Container 3	
Amount Per Serving	
<b>Calories 45</b>	Calories from Fat 0
% Daily Value*	
<b>Total Fat 0g</b>	0%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	0%
<b>Sodium 320mg</b>	13%
<b>Total Carbohydrate 8g</b>	3%
Dietary Fiber 3g	12%
Sugars 1g	
<b>Protein 4g</b>	
Vitamin A 250% • Vitamin C 15%	
Calcium 8% • Iron 4%	
*Percent Daily Values are based on a 2,000 calorie diet.	



*Lemon Butter Broccoli Blasts*

Nutrition Facts	
Serving Size 1/2 Cup (113g)	
Servings Per Container 3	
Amount Per Serving	
<b>Calories 60</b>	Calories from Fat 20
% Daily Value*	
<b>Total Fat 2.5g</b>	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	0%
<b>Sodium 150mg</b>	6%
<b>Total Carbohydrate 9g</b>	3%
Dietary Fiber 3g	12%
Sugars 1g	
<b>Protein 3g</b>	
Vitamin A 250% • Vitamin C 15%	
Calcium 6% • Iron 4%	
*Percent Daily Values are based on a 2,000 calorie diet.	



*Sunny Honey Orange Carrot Coins*

Nutrition Facts	
Serving Size 1/2 cup (110g)	
Servings Per Container 4	
Amount Per Serving	
<b>Calories 70</b>	Calories from Fat 0
% Daily Value*	
<b>Total Fat 0g</b>	0%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	0%
<b>Sodium 85mg</b>	4%
<b>Total Carbohydrate 15g</b>	5%
Dietary Fiber 2g	8%
Sugars 10g	
<b>Protein 1g</b>	
Vitamin A 210% • Vitamin C 10%	
Calcium 2% • Iron 2%	
*Percent Daily Values are based on a 2,000 calorie diet.	



*Threezy Cheezy Broccoli Bites*

Nutrition Facts	
Serving Size 1/2 Cup (113g)	
Servings Per Container 3	
Amount Per Serving	
<b>Calories 70</b>	Calories from Fat 20
% Daily Value*	
<b>Total Fat 2.5g</b>	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
<b>Cholesterol 5mg</b>	2%
<b>Sodium 240mg</b>	10%
<b>Total Carbohydrate 10g</b>	3%
Dietary Fiber 3g	12%
Sugars 1g	
<b>Protein 3g</b>	
Vitamin A 250% • Vitamin C 15%	
Calcium 6% • Iron 4%	
*Percent Daily Values are based on a 2,000 calorie diet.	



*Totally Teriyaki Sugar Snap Peas*

Nutrition Facts	
Serving Size 1/2 Cup (112g)	
Servings Per Container 2	
Amount Per Serving	
<b>Calories 90</b>	Calories from Fat 0
% Daily Value*	
<b>Total Fat 0g</b>	0%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	0%
<b>Sodium 250mg</b>	10%
<b>Total Carbohydrate 18g</b>	6%
Dietary Fiber 3g	12%
Sugars 13g	
<b>Protein 3g</b>	
Vitamin A 20% • Vitamin C 110%	
Calcium 4% • Iron 10%	
*Percent Daily Values are based on a 2,000 calorie diet.	