BIRDS EYE® FOODS Foodservice

KEEP FROZEN 0° OR BELOW

INGREDIENTS: CARROTS, CORN, GREEN PEAS, GREEN BEANS, BABY LIMA BEANS, SALT

MIXED VEGETABLES

274695 K

Microwave Instructions (to cook 1 lb):
1. Place vegetables in microwave safe dish and cover.
2. Microwave on HIGH 6 1/2 minutes*; stir halfway through cooking.

*Microwave ovens vary in power, adjust cooking times accordingly.

Stovetop Instructions (to cook 1 lb):
1. Place vegetables in saucepan. ADD 1/2 cup water.
2. Bring water to a full boil over HIGH heat; reduce heat to MEDIUM.
3. Cover and simmer 6-7 minutes*.
4. Drain.

*For food safety and quality, cook to a temperature of 160°F.

Note: All cooking times are approximate due to differences in the various types of equipment

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6/4 LB BAGS • NET WT 24 LB (10.89 kg)

Nutrition Facts

Serving Size 2/3 cup (90g)
Servings Per Containter About 121

Amount Per Serving	
Calories 70	Calories from Fat 0
	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 90mg	**4%**
Total Carbohydrate 13g	**4%**
Dietary Fiber 3g	**12%**
Sugars 4g	
Protein 3g	

Vitamin A 20% • Vitamin C 8%

Calcium 0% • Iron 2%

* 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