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Cafe Puree Vegetables Nutrition Information

Nutritional Information:

Description	Portion g	Cal.	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Potassium	Phos.	Carbs	Fiber	Sugars	Protein
3.2oz Glazed Carrots	90	180	80	10g	2g	0g	0mg	200mg	230mg	40mg	20g	2g	7g	1g
3.2oz Green Beans	90	140	80	9g	2g	0g	0mg	300mg	120mg	0mg	14g	2g	3g	1g
3.2oz Corn on the Cob	90	220	90	10g	2g	0g	0mg	220mg	150mg	120mg	26g	2g	5g	2g
3.2oz Seasoned Peas	90	180	80	9g	2g	0g	0mg	260mg	100mg	80mg	19g	4g	4g	2g
3.2oz Garden Broccoli	90	140	90	11g	2g	0g	0mg	310mg	180mg	120mg	10g	3g	3g	2g
3.2oz Asparagus	90	110	60	7g	1g	0g	0mg	220mg	170mg	43mg	12g	1g	1g	2g
3.2oz Cauliflower	90	110	60	7g	1g	0g	0mg	250mg	110mg	27mg	11g	2g	2g	1g
3.2oz Sweet Potato	90	160	45	5g	1g	0g	0mg	90mg	170mg	24mg	28g	2g	12g	1g
3.2oz Red Beets	90	120	55	6g	1g	0g	0mg	160mg	220mg	27mg	14g	1g	6g	1g

Ingredients:

Glazed Carrots: Carrot Puree, Modified Food Starch (corn and or tapioca), Vegetable Oil (canola, corn and or soybean oil, TBHQ, and citric acid, dimethylpolysiloxane), Sugar, Brown Sugar, Natural Butter Flavor (concentrated natural butter flavor, dried on maltodextrin, whey powder, salt, xanthan gum, natural flavor), Xanthan Gum. **CONTAINS: Milk and Soy.**

Country Style Green Beans: Green Bean Puree, Modified Food Starch (corn and or tapioca), Vegetable Oil (canola, corn and or soybean oil, TBHQ, and citric acid, dimethylpolysiloxane), Natural Butter Flavor (concentrated natural

butter flavor, dried on maltodextrin, whey powder, salt, xanthan gum, natural flavor), Salt, Garlic, Xanthan Gum. **CONTAINS: Milk and Soy.**

Corn on the Cob: Corn Puree, Vegetable Oil (canola, corn and or soybean oil, TBHQ, and citric acid, dimethylpolysiloxane), Modified Food Starch (corn and or tapioca), Sugar, Water, Natural Butter Flavor (concentrated natural butter flavor, dried on maltodextrin, whey powder, salt, xanthan gum, natural flavor) Salt, Xanthan Gum. **CONTAINS: Milk and Soy.**

Seasoned Peas: Pea Puree, Vegetable Oil (canola, corn and or soybean oil, TBHQ, and citric acid, dimethylpolysiloxane), Modified Food Starch (corn and or tapioca), Water, Sugar, Natural Butter Flavor (concentrated natural butter flavor, dried on maltodextrin, whey powder, salt, xanthan gum, natural flavor) Salt, Xanthan Gum. **CONTAINS: Milk and Soy.**

Garden Broccoli: Broccoli Puree, Modified Food Starch (tapioca and or corn), Vegetable Oil (canola, corn and or soybean oil, TBHQ, and citric acid, dimethylpolysiloxane), Water, Natural Butter Flavor (concentrated natural butter flavor, dried on maltodextrin, whey powder, salt, xanthan gum, natural flavor) Sugar, Salt, Xanthan Gum. **CONTAINS: Milk and Soy.**

Asparagus: Asparagus, Modified Food Starch (corn And Or tapioca), Vegetable Oil (canola, corn and/or soybean oil, tbhq And citric Acid, dimethylpolysiloxane) Natural Butter Flavor (concentrated natural butter flavor, dried on maltodextrin, whey powder, salt, xanthan gum, natural flavor), Modified Food Starch (corn and or tapioca), Salt, Xanthan Gum. **CONTAINS: Soy And Milk.**

Cauliflower: Cauliflower, Modified Food Starch (corn and or tapioca), Vegetable Oil (canola, corn and/or soybean oil, tbhq and citric acid, dimethylpolysiloxane), Natural Butter Flavor (concentrated natural butter flavor, dried on maltodextrin, whey powder, salt, xanthan gum, natural flavor), Modified Food Starch (corn and or tapioca), Salt, Xanthan Gum. **CONTAINS: Soy And Milk.**

Sweet Potato: Sweet Potatoes, Modified Food Starch (corn and or tapioca), Brown Sugar, Vegetable Oil (canola, corn and/or soybean oil, tbhq and citric acid, dimethylpolysiloxane), Sugar, Natural Butter Flavor (concentrated natural butter flavor, dried on maltodextrin, whey powder, salt, xanthan gum, natural flavor), Modified Food Starch (corn and or tapioca). **CONTAINS: Soy And Milk.**

Red Beets: Red Beets, Vegetable Oil (canola, corn and/or soybean oil, tbhq and citric acid, dimethylpolysiloxane), Modified Food Starch (corn and or tapioca), Water, Sugar, Modified Food Starch (corn and or tapioca), Vinegar (white distilled vinegar, water), Salt, White Pepper, Xanthan Gum. **CONTAINS: Soy**