

Nutritional Information

Updated September 16, 2014



VEGETABLES								
Product	Serving Size	Serving Size (per container)	Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium
Beets, 15 oz. (Sliced, Whole, Cut)	½ cup	3.5	40	0g	0g	0g	0mg (0%)	250mg (10%)
Green Beans, 14.5 oz. (Cut, French Style)	½ cup	3.5	20	0g	0g	0g	0mg (0%)	290mg (12%)
Italian Cut Green Beans, 14.5 oz.	½ cup	3.5	35	0g	0g	0g	0mg (0%)	290mg (12%)
Shellie Beans, 14.5 oz.	½ cup	3.5	50	0g	0g	0g	0mg (0%)	290mg (12%)
Lima Beans, 15 oz.	½ cup	3.5	90	0.5g	0g	0g	0mg (0%)	300mg (13%)
Cream Style Sweet Corn, 14.75 oz.	½ cup	3.5	90	0g	0g	0g	0mg (0%)	300mg (13%)
Whole Kernel Sweet Corn, 15 oz.	½ cup	3.5	60	1.5g	0g	0g	0mg (0%)	200mg (8%)
Mixed Vegetables, 15 oz.	½ cup	3.5	45	0g	0g	0g	0mg (0%)	290mg (12%)
Sweet Peas, 15 oz.	½ cup	3.5	70	0.5g	0g	0g	0mg (0%)	300mg (13%)
Peas & Carrots, 15 oz.	½ cup	3.5	60	0g	0g	0g	0mg (0%)	300mg (13%)
Bavarian Style Sauerkraut 15 oz.	2 tbsp.	14	10	0g	0g	0g	0mg (0%)	200mg (8%)
White Potatoes 15 oz. (Sliced, Whole)	¾ cup	2.5	70	0g	0g	0g	0mg (0%)	280mg (12%)
Sliced Carrots, 14.5 oz.	½ cup	3.5	30	0g	0g	0g	0mg (0%)	250mg (10%)
Cut Wax Beans, 14.5 oz.	½ cup	3.5	20	0g	0g	0g	0mg (0%)	290mg (12%)
Whole Kernel Succotash, 15.25 oz.	½ cup	3.5	90	0g	0g	0g	0mg (0%)	280mg (12%)
Cut Asparagus Spears, 15 oz.	½ cup	3.5	20	0g	0g	0g	0mg (0%)	360mg (15%)

Product	Potassium	Total Carbohydrates	Dietary Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
Beets, 15 oz. (Sliced, Whole, Cut)	130mg (4%)	8g (3%)	1g (4%)	6g	<1g	0%	0%	0%	0%
Green Beans, 14.5 oz. (Cut, French Style, Italian Cut)	75mg (2%)	4g (1%)	2g (8%)	2g	<1g	4%	6%	2%	4%
Italian Cut Green Beans	115mg (3%)	7g (2%)	2g (8%)	1g	<1g	6%	4%	4%	4%
Shellie Beans, 14.5 oz.	130mg (4%)	9g (3%)	3g (12%)	1g	2g	4%	6%	4%	6%
Lima Beans, 15 oz.	230mg (6%)	17g (6%)	4g (16%)	1g	4g	0%	8%	2%	10%
Cream Style Sweet Corn, 14.75 oz.	135mg (4%)	20g (7%)	2g (7%)	6g	2g	0%	4%	0%	4%
Whole Kernel Sweet Corn, 15 oz.	160mg (5%)	9g (3%)	2g (8%)	7g	2g	0%	6%	0%	2%
Mixed Vegetables, 15 oz.	190mg (5%)	9g (3%)	2g (8%)	2g	1g	80%	6%	2%	6%
Sweet Peas, 15 oz.	105mg (3%)	12g (4%)	3g (12%)	6g	4g	6%	20%	2%	8%
Peas & Carrots, 15 oz.	160mg (3%)	10g (3%)	4g (16%)	4g	3g	80%	10%	2%	8%
Bavarian Style Sauerkraut 15 oz.	45mg (1%)	3g (1%)	<1g (12%)	2g	0g	0%	4%	0%	2%
White Potatoes 15 oz. (Sliced, Whole)	290mg (8%)	14g (5%)	2g (8%)	<1g	1g	0%	20%	4%	2%
Sliced Carrots, 14.5 oz.	90mg (2%)	6g (2%)	2g (8%)	4g	<1g	150%	0%	0%	0%
Cut Wax Beans, 14.5 oz.	75mg (2%)	4g (1%)	2g (8%)	2g	<1g	0%	6%	2%	0%
Whole Kernel Succotash, 15.25 oz.	220mg (6%)	19g (6%)	3g (12%)	4g	2g	0%	8%	0%	4%
Cut Asparagus Spears, 15 oz.	120 mg (4%)	3g (1%)	1g (4%)	3g	2g	6%	25%	0%	2%

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VEGETABLES - GOURMET								
Product	Serving Size	Serving Size (per container)	Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium
Beets, 15 oz. (Sliced, Pickled)	4 slices	9	20	0g	0g	0g	0mg (0%)	55mg (2%)
Whole Green Beans, 14.5 oz.	½ cup	3.5	20	0g	0g	0g	0mg (0%)	290mg (12%)
Gold & White Kernel Corn, 15 oz.	½ cup	3.5	60	1.5g	0g	0g	0mg (0%)	200mg (8%)
Whole Baby Carrots, 14.5 oz.	½ cup	3.5	30	0g	0g	0g	0mg (0%)	250mg (10%)
Whole Kernel White Corn, 15 oz.	½ cup	3.5	80	1g	0g	0g	0mg (0%)	300mg (13%)
Tiny Early June Peas, 15 oz.	½ cup	3.5	70	0.5g	0g	0g	0mg (0%)	300mg (13%)

Product	Total Carbohydrates	Dietary Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
Beets, 15 oz. (Sliced, Pickled)	4g (1%)	0g (0%)	4g	0g	0%	0%	0%	0%
Whole Green Beans, 14.5 oz.	4 (1%)	2g (8%)	2g	<1g	4%	6%	2%	4%
Gold & White Kernel Corn, 15 oz.	9g (3%)	2g (8%)	7g	2g	0%	6%	0%	2%
Whole Baby Carrots, 14.5 oz.	6g (2%)	2g (8%)	4g	<1g	150%	0%	0%	0%
Whole Kernel White Corn, 15 oz.	17g (6%)	2g (8%)	4g	2g	0%	6%	0%	0%
Tiny Early June Peas, 15 oz.	12g (4%)	3g (12%)	6g	4g	6%	20%	2%	8%

VEGETABLES - ORGANIC								
Product	Serving Size	Serving Size (per container)	Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium
Cut Green Beans, 14.5 oz.	½ cup	3.5	20	0g	0g	0g	0mg (0%)	290mg (12%)
Whole Kernel Corn, 15 oz.	½ cup	3.5	60	1.5g	0g	0g	0mg (0%)	200mg (8%)
Sweet Peas, 15 oz.	½ cup	3.5	70	0.5g	0g	0g	0mg (0%)	300mg (13%)
Black Beans, 15 oz.	½ cup	3.5	100	0g	0g	0g	0mg (0%)	300mg (13%)
Garbanzo Beans, 15 oz.	½ cup	3.5	110	1g	0g	0g	0mg (0%)	300mg (13%)
Kidney Beans, 15 oz.	½ cup	3.5	110	0g	0g	0g	0mg (0%)	250mg (10%)
Pinto Beans, 15 oz.	½ cup	3.5	110	0g	0g	0g	0mg (0%)	270mg (11%)

Product	Total Carbohydrates	Dietary Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
Cut Green Beans, 14.5 oz.	4g (1%)	2g (8%)	2g	<1g	4%	6%	2%	4%
Whole Kernel Corn, 15 oz.	9g (3%)	2g (8%)	7g	2g	0%	6%	0%	2%
Sweet Peas, 15 oz.	12g (4%)	3g (12%)	6g	4g	6%	20%	2%	8%
Black Beans, 15 oz.	19g (6%)	6g (24%)	0g	7g	0%	0%	8%	10%
Garbanzo Beans, 15 oz.	19g (6%)	6g (24%)	1g	6g	2%	2%	0%	6%
Kidney Beans, 15 oz.	20g (7%)	6g (24%)	2g	7g	0%	0%	4%	8%
Pinto Beans, 15 oz.	21g (7%)	8g (31%)	0g	6g	2%	0%	8%	10%

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FRUITS								
Product	Serving Size	Serving Size (per container)	Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium
Apricot Halves, 15 oz. (No Sugar Added)	½ cup	3.5	30	0g	0g	0g	0mg (0%)	10mg (0%)
Apricot Halves, 15 oz. (Pear Juice)	½ cup	3.5	60	0g	0g	0g	0mg (0%)	35mg (1%)
Fruit Cocktail, 15 oz. (No Sugar Added)	½ cup	3.5	45	0g	0g	0g	0mg (0%)	5mg (0%)
Chunky Fruit Mix, 15 oz. (Pear Juice)	½ cup	3.5	60	0g	0g	0g	0mg (0%)	10mg (0%)
Peach Halves, 15 oz. (Pear Juice)	½ cup	3.5	50	0g	0g	0g	0mg (0%)	5mg (0%)
Peach Slices, 15 oz. (No Sugar Added)	½ cup	3.5	35	0g	0g	0g	0mg (0%)	10mg (0%)
Pear Halves, 15 oz. (No Sugar Added)	½ cup	3.5	35	0g	0g	0g	0mg (0%)	10mg (0%)
Pear Halves, 15.25 oz. (Heavy Syrup)	½ cup	3.5	100	0g	0g	0g	0mg (0%)	10mg (0%)
Pear Halves, 15 oz. (Pear Juice)	½ cup	3.5	60	0g	0g	0g	0mg (0%)	10mg (0%)
Pear Slices, 15.25 oz. (Heavy Syrup)	½ cup	3.5	100	0g	0g	0g	0mg (0%)	10mg (0%)
Pear Slices, 15 oz. (Pear Juice)	½ cup	3.5	60	0g	0g	0g	0mg (0%)	10mg (0%)

Product	Potassium	Total Carbohydrates	Dietary Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
Apricot Halves, 15 oz. (No Sugar Added)	180mg (5%)	7g (2%)	<1g (0%)	5g	<1g	35%	4%	0%	0%
Apricot Halves, 15 oz. (Pear Juice)	160mg (5%)	14g (5%)	<1g (0%)	9g	<1g	35%	2%	2%	0%
Fruit Cocktail, 15 oz. (No Sugar Added)	90mg (3%)	10g (3%)	2g (8%)	7g	<1g	4%	2%	0%	0%
Chunky Fruit Mix, 15 oz. (Pear Juice)	120mg (3%)	14g (5%)	1g (4%)	11g	<1g	4%	2%	0%	0%
Peach Halves, 15 oz. (Pear Juice)	180mg (5%)	12g (4%)	<1g (0%)	10g	<1g	6%	2%	0%	0%
Peach Slices, 15 oz. (No Sugar Added)	115mg (3%)	7g (2%)	1g (4%)	6g	<1g	6%	2%	0%	0%
Pear Halves, 15 oz. (No Sugar Added)	65mg (2%)	8g (3%)	1g (4%)	7g	0g	0%	0%	0%	0%
Pear Halves, 15.25 oz. (Heavy Syrup)	80mg (2%)	25g (8%)	2g (8%)	19g	0g	0%	0%	0%	0%
Pear Halves, 15 oz. (Pear Juice)	80mg (2%)	14g (5%)	2g (8%)	12g	0g	0%	0%	0%	0%
Pear Slices, 15.25 oz. (Heavy Syrup)	80mg (2%)	25g (8%)	2g (8%)	19g	0g	0%	0%	0%	0%
Pear Slices, 15 oz. (Pear Juice)	80mg (2%)	14g (5%)	2g (8%)	12g	0g	0%	0%	0%	0%

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VEGETABLE CUPS – 4-PACK										
Product	Serving Size	Serving Size (per cup)	Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Potassium	Total Carbohydrates
Cut Green Beans, 4 oz.	1 cup	1	10	0g	0g	0g	0mg (0%)	140mg (6%)	55mg (2%)	2g (1%)
Diced Carrots, 4 oz.	1 cup	1	10	0g	0g	0g	0mg (0%)	140mg (6%)	90mg (3%)	3g (1%)
Sweet Peas, 4 oz.	1 cup	1	30	0g	0g	0g	0mg (0%)	140mg (6%)	60mg (3%)	5g (2%)
Whole Kernel Sweet Corn, 4 oz.	1 cup	1	30	0.5g	0g	0g	0mg (0%)	140mg (6%)	90mg (3%)	6g (2%)

Product	Dietary Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
Cut Green Beans, 4 oz.	1g (4%)	1g	1g	0%	100%	0%	2%
Diced Carrots, 4 oz.	1g (4%)	1g	0g	70%	100%	2%	2%
Sweet Peas, 4 oz.	2g (8%)	3g	2g	4%	100%	0%	2%
Whole Kernel Sweet Corn, 4 oz.	1g (4%)	2g	1g	0%	100%	0%	4%

FRUIT CUPS – 4-PACK										
Product	Serving Size	Serving Size (per cup)	Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Potassium	Total Carbohydrates
Diced Peaches, 4 oz. (in 100% Juice)	1 cup	1	70	0g	0g	0g	0mg (0%)	10mg (0%)	80mg (2%)	15g (5%)
Diced Peaches, 4 oz. (No Sugar)	1 cup	1	20	0g	0g	0g	0mg (0%)	10mg (0%)	50 mg (1%)	4g (1%)
Diced Pears, 4 oz. (in 100% Juice)	1 cup	1	70	0g	0g	0g	0mg (0%)	5mg (0%)	40mg (1%)	17g (6%)
Diced Pears, 4 oz. (No Sugar)	1 cup	1	25	0g	0g	0g	0mg (0%)	5mg (0%)	40mg (1%)	6g (2%)
Mixed Fruit, 4 oz. (in 100% Juice)	1 cup	1	70	0g	0g	0g	0mg (0%)	10mg (0%)	70mg (2%)	16g (5%)
Mixed Fruit, 4 oz. (No Sugar)	1 cup	1	25	0g	0g	0g	0mg (0%)	5mg (0%)	40mg (1%)	5g (2%)
Cherry Mixed Fruit, 4 oz. (in 100% Juice)	1 cup	1	80	0g	0g	0g	0mg (0%)	10mg (0%)	75mg (2%)	17g (6%)
Cherry Mixed Fruit, 4 oz. (No Sugar)	1 cup	1	30	0g	0g	0g	0mg (0%)	10mg (0%)	40mg (1%)	6g (2%)

Product	Dietary Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
Diced Peaches, 4 oz. (in 100% Juice)	1g (4%)	3g	1g	6%	2%	0%	2%
Diced Peaches, 4 oz. (No Sugar)	1g (4%)	3g	0g	4%	0%	0%	0%
Diced Pears, 4 oz. (in 100% Juice)	1g (4%)	5g	1g	0%	0%	0%	0%
Diced Pears, 4 oz. (No Sugar)	1g (4%)	5g	0g	0%	0%	0%	0%
Mixed Fruit, 4 oz. (in 100% Juice)	1g (4%)	4g	1g	4%	2%	0%	2%
Mixed Fruit, 4 oz. (No Sugar)	1g (4%)	4g	0g	2%	2%	0%	0%
Cherry Mixed Fruit, 4 oz. (in 100% Juice)	1g (4%)	3g	1g	4%	0%	0%	2%
Cherry Mixed Fruit, 4 oz. (No Sugar)	1g (4%)	3g	0g	2%	0%	0%	0%