

Stir-Fry Vegetables w/ Squash & Zucchini

Nutrition Facts

Serving Size: 1/2 Cup

Amount Per Serving

Calories: 108

Calories from Fat: 2

Total Fat:	.2g
Saturated Fat:	.0g
Trans Fat:	0.00
Cholesterol:	0mg
Sodium:	5mg
Total Carbohydrate:	24.6g
Dietary Fiber:	7.0g
Sugars:	14.4g
Protein:	4.3g

Vitamin A: 3,188RE Vitamin C: 160.5mg Calcium: 82.4mg Iron: 1.6mg

The accuracy of the information shown above is based on data obtained from food manufacturers, food distributors, product packaging, and the USDA Child Nutrition database. Ingredients and menu items are subject to change or substitution. Please consult your own physician or medical professional for assistance with your specific medical or dietary situation.

Ingredients

Squash Yellow Strips 1/8" x 2" (mfg label): YELLOW SQUASH [903570]

Squash Zucchini 1/4" Sliced (mfg label): ZUCCHINI [903569]

Vegetable Blend, Fajita (mfg label): YELLOW ONION, GREEN PEPPER, RED PEPPER [903568]