

Nutrition for EZ Meal Cooking Bag - Produce Items													4/12/19 ts	
Product Name	Serving Size (oz)	Calories	Calories from fat	Total Fat (g)	Sat Fat (g)	Trans fats (g) *not a significant source of trans fat	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Gluten Free Ingredi.	Allergens
Asparagus, Wild Garlic	4oz.	55	34	4	0.5	0	0	203	4	2	2	2	Y	None
Broccoli, Cauliflower, Garlic Butter	4oz.	76	47	5	3	0	13	84	6	2	2	2.5	Y	Milk
Brussels Sprouts-Carrot, Mediterranean	4oz.	68	24	3	0.3	0	0	52	10	4	4	2	Y	None
Carrots, Wild Garlic, Garlic Butter	4oz.	100	58	6.5	3	0	10.5	239	10	3	5	1	Y	Milk
Corn, Garlic Butter	3oz.	129	62	7	4	0	15	242	17	2	4	3	Y	Milk
Corn, Smk Alabama, Garlic Butter	3oz.	161	99	11	4	0	14	386	16	2	4	3	Y	Milk
Green Beans, Garlic	4oz.	113	82	9	4	0	15	247	7	3	3	2	Y	Milk
Potatoes, Rosemary	4oz.	106	33	4	0.4	0	0	198	17	2	1	2	Y	None
Potatoes, Rosemary Parmesan Sweet	4oz.	138	43	5	1	0	3	298	0.1	0	6	3	Y	Milk
Potatoes, Wild Garlic	4oz.	110	36	4	0.5	0	36	213	0.1	0	1	2		None
Squash Medley, Mediterranean	4oz.	93	75	8	3	0	12	51	4	1	3	1	Y	Milk