

# Roasted Vegetables

## Ingredients

Zucchini Squash, Peppers, bell, red yellow & green, sweet, strips, fzn, Oil, olive, extra virgin, Seasoning, Italian herb, saucy blend.

## Nutrients per serving

<b>Nutrition Facts</b>	
Serving Size 2 ounce (45g)	
Servings Per Container 1	
Amount Per Serving	
<b>Calories 30</b>	<b>Calories from Fat 20</b>
% Daily Value*	
<b>Total Fat 2.5g</b>	<b>4%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 10mg</b>	<b>0%</b>
<b>Total Carbohydrate 2g</b>	<b>1%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 1g	
<b>Protein 1g</b>	
Vitamin A 4%	• Vitamin C 20%
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
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300 mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	