

Mediterranean Snack Food Co.
Veggie Medley Sticks

NUTRITION FACTS	
Serving Size: 1oz (28g)	
Servings per Container: about 12	
Amount per Serving	
Calories 130	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 1g	4%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 290mg	12%
Total Carbohydrate 15g	5%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 1g	
Vitamin A 0% * 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 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 * Carbohydrate 4 * Protein 4	

Ingredients: Potato flour (potato flakes and starch), canola oil, wheat starch, tomato puree, spinach powder, salt, sugar, turmeric.

**Contains: Wheat Ingredients:

**Manufactured in a facility that processes peanuts, tree nuts, milk, soy, wheat & eggs.