



VEG-ALL  
1074000 - Mixed Veg

EXCEPTIONALLY DELICIOUS TASTE: Fresh-harvested carrots, potatoes, peas, corn, green beans, celery and lima beans are blended in just the right proportions and then seasoned to perfection for a delicious blend of flavors, textures and color.  
NATURAL GOODNESS: Mixed Vegetables are a classic blend of 7 vegetables that are perfect for enjoying as a side-dish, in your family's favorite Chicken Pot Pie recipe or as a colorful addition to rice or other dishes.  
SIMPLE LABEL: Only Vegetables (Carrots, Potatoes, Peas, Corn, Green Beans, Celery, Lima Beans), Water, Calcium Chloride, Salt, and Onion Flavoring. Part of your healthy lifestyle.  
GROWN & MADE IN THE USA: Mixed Vegetables are Grown & Made in the USA and cultivated by U.S. farmers.  
ENVIRONMENTALLY FRIENDLY: Mixed Vegetables are packaged in recyclable steel cans made with a Non-BPA lining (can lining not intentionally made with BPA). Please recycle.



\* Benefits

Veg-All Mixed Vegetable  
Always Farm Fresh  
Diced, Tender Vegetables  
USA Grown and Processed  
Naturally Gluten Free

Ingredients

CARROTS, WATER, POTATOES,  
PEAS, CORN, GREEN BEANS,  
CELERY, LIMA BEANS, CALCIUM  
CHLORIDE (FIRMING AGENT),  
SALT, ONION FLAVORING.

⚠ Allergens

Free From:



Nutrition Facts

Servings per Container 24  
Serving size 1/2cup (125g)

Amount per serving  
Calories 45

|                         | % Daily Value* |
|-------------------------|----------------|
| Total Fat 0g            | 0%             |
| Saturated Fat 0g        | 0%             |
| Trans Fat 0g            |                |
| Cholesterol 0mg         | 0%             |
| Sodium 130mg            | 6%             |
| Total Carbohydrate 8g   | 3%             |
| Dietary Fiber 2g        | 7%             |
| Total Sugars 1g         |                |
| Includes 0g Added Sugar | 0%             |
| Protein 1g              |                |
| Vitamin D 0mcg          | 0%             |
| Calcium 20mg            | 2%             |
| Iron 0.7mg              | 4%             |
| Potassium 150mg         | 3%             |

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Handling Suggestions

Store at ambient temperature.  
Avoid freezing or prolonged storage  
above 90° F and below 40° F with  
no more than 50% humidity.

Serving Suggestions

Side Dishes, Favorite Recipes

Prep & Cooking Suggestions

Stove Top: Empty contents into  
saucepan. Bring just to a boil; drain, if  
desired. Season to taste and serve.  
Microwave: Empty contents into  
microwavable dish; cover; heat 3 - 4  
minutes. Stir, season to taste and serve.

✍ Product Specifications

| Brand   | Manufacturer             |
|---------|--------------------------|
| VEG-ALL | Seneca Foods Corporation |

| MFG #         | SPC #   | GTIN           | Pack | Pack Desc. |
|---------------|---------|----------------|------|------------|
| F003710006182 | 1074000 | 10037100061829 |      | cs         |

| Gross Weight | Net Weight | Country of Origin | Kosher | Child Nutrition |
|--------------|------------|-------------------|--------|-----------------|
| 44.92lb      | 44.1lb     | USA               | Yes    | No              |

| Shipping Information |         |        |         |       |            |                      |
|----------------------|---------|--------|---------|-------|------------|----------------------|
| Length               | Width   | Height | Volume  | TlxHI | Shelf Life | Storage Temp From/To |
| 18.66in              | 12.42in | 7.08in | 0.95ft3 | 7x7   | 1095DAYS   | 55°F / 95°F          |



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Nutrition Analysis - By Serving

|                        |    |                     |      |                |       |
|------------------------|----|---------------------|------|----------------|-------|
| Calories               | 45 | Total Fat           | 0g   | Sodium         | 130mg |
| Protein                | 1  | Trans Fats          | 0g   | Calcium        | 20mg  |
| Total Carbohydrates... | 8g | Saturated Fat       | 0g   | Iron           | 0.7mg |
| Sugars                 | 1g | Added Sugars        | 0g   | Potassium      | 150mg |
| Dietary Fiber          | 2g | Polyunsaturated Fat |      | Zinc           |       |
| Lactose                |    | Monounsaturated Fat |      | Phosphorus     |       |
| Sucrose                |    | Cholesterol         | 0mg  |                |       |
| Vitamin A(IU)•         |    | Vitamin D           | 0mcg | Thiamin        |       |
| Vitamin A(RE)          |    | Vitamin E           |      | Niacin         |       |
| Vitamin C              |    | Folate              |      | Riboflavin     |       |
| Magnesium              |    | Vitamin B-6         |      | Vitamin B-1 2• |       |
| Monosodium             |    | Sulphites           |      | Nitrates       |       |

Additional Images



INGREDIENTS: CARROTS, WATER, POTATOES, PEAS, CORN, GREEN BEANS, CELERY, LIMA BEANS, CALCIUM CHLORIDE (FIRMING AGENT), SALT, ONION FLAVORING.

| Nutrition Facts                 |                    |
|---------------------------------|--------------------|
| about 24 servings per container |                    |
| Serving size 1/2 cup (125g)     |                    |
| Amount per serving              |                    |
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| % Daily Value*                  |                    |
| Total Fat 0g                    | 0%                 |
| Saturated Fat 0g                | 0%                 |
| Trans Fat 0g                    |                    |
| Cholesterol 0mg                 | 0%                 |
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| Includes 0g Added Sugars        | 0%                 |
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