



#### \* Benefits

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

# Ingredients

WATER, CARROTS, POTATOES, CELERY, PEAS, SALT, ONIONS, CALCIUM CHLORIDE (FIRMING AGENT), ONION FLAVORING

## A Allergens

# Free From:

( wheat











# **Nutrition Facts**

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

### Amount per serving alorios

# 1 E

| Calories                | 45          |
|-------------------------|-------------|
| % D                     | aily 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              | .1          |
| Vitamin D 0mcg          | 0%          |
| Calcium 20mg            | 2%          |
| Iron 0.7mg              | 4%          |
| Potassium 160mg         | 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 900 F and below 400 F with no more than 50% humidity.

# Serving Suggestions

Stew. Casseroles.

# 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. |
|---------------|---------|----------------|------|------------|
| F003710006001 | 1080000 | 10037100060013 |      | CS         |

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

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



EXCEPTIONALY DESCRIPTION AT A STATE Fresh-harvested carrots, potatoes, peas, celery and onlors are blended in just



SIMPLE DATE: Only IN THE USA Stew (regetables are from one Made in the Cyclable steel cans made with a Non-BPA lining (can lining not intentionally made with BPA). Please recycle.

ENVIRONMENTALLY FRIENDLY: Stew Vegetables are packaged in recyclable steel cans made with a Non-BPA lining (can lining not intentionally made with BPA). Please recycle.

# 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      | 160mg |
| 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













