



SINCE 1896



PREMIUM

MIXED VEGETABLES

Summer Harvest Medley
Premium Quality & Taste



NET WT
15 OZ
(425g)



MAKE IT SPECIAL WITH S&W™
S&W® Mixed Vegetables come from the best of the crop to bring you unsurpassed, premium quality. Mixed Vegetables are rich in Vitamin A and a good source of Vitamin C.

Nutrition Facts
 Serving Size 1/2 cup (125g)
 Servings Per Container about 3 1/2

Amount/Serving	% Daily Value*
Calories 45	Calories from Fat 0
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 360mg	15%
Total Carbohydrate 10g	3%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 2g	
Vitamin A 110% • Vitamin C 10%	
Calcium 4% • Iron 4%	

*Percent Daily Values are based on a 2,000 calorie diet.

INGREDIENTS: WATER, CARROTS, POTATOES, CELERY, PEAS, GREEN BEANS, CORN, LIMA BEANS, SALT, ONION JUICE, CALCIUM CHLORIDE.

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QUESTIONS OR COMMENTS?
 CALL 800-252-7033 (MON.-FRI.).
 REFRIGERATE ANY UNUSED PORTION IN A SEPARATE, COVERED CONTAINER.
 *NET CARBS PER SERVING=TOTAL CARBS MINUS FIBER

SERVING SUGGESTIONS
Try making Mustard Sauced Chicken Vegetables. This recipe and more available at
WWW.SWFINEFOODS.COM



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