



# FREEZE-DRIED VEGETABLE VARIETY PACK

20491-112316

Serving suggestions shown below.

**109**  
SERVINGS



**SHELF LIFE**  
UP TO 20 YEARS

**Shelf Life:** Product good for up to 20 years when unopened. Best when stored in a cool, dry and dark place at temperatures between 55° F and 70° F. Actual shelf life may vary based on individual storage conditions.

**FOOD STORAGE**  
**EMERGENCIES**  
**EVERYDAY MEALS**

1-800-878-0099  
[www.AugasonFarms.com](http://www.AugasonFarms.com)  
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## FREEZE-DRIED DICED POTATOES

(1 pouch)



### Nutrition Facts

Serving Size: 1/3 Cup (10g dry)  
Servings Per Pouch: 15

Amount Per Serving		Calories 40		Calories from Fat 0	
		% Daily Value*			
<b>Total Fat</b> 0g					0%
<b>Saturated Fat</b> 0g					0%
<b>Trans Fat</b> 0g					
<b>Cholesterol</b> 0mg					0%
<b>Sodium</b> 20mg					1%
<b>Total Carbohydrate</b> 8g					3%
<b>Dietary Fiber</b> 2g					8%
<b>Sugars</b> 0g					
<b>Protein</b> 1g					
<b>Vitamin A</b> 2%		<b>Vitamin C</b> 15%			
<b>Calcium</b> 0%		<b>Iron</b> 4%			

\*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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 Carbs 4 Protein 4

### INGREDIENTS:

Potatoes.

## FREEZE-DRIED SWEET PEAS

(1 pouch)



### Nutrition Facts

Serving Size: 1/3 Cup (13g dry)  
Servings Per Pouch: 15

Amount Per Serving		Calories 45		Calories from Fat 0	
		% Daily Value*			
<b>Total Fat</b> 0g					0%
<b>Saturated Fat</b> 0g					0%
<b>Trans Fat</b> 0g					
<b>Cholesterol</b> 0mg					0%
<b>Sodium</b> 0mg					0%
<b>Total Carbohydrate</b> 6g					2%
<b>Dietary Fiber</b> 2g					8%
<b>Sugars</b> 0g					
<b>Protein</b> 3g					
<b>Vitamin A</b> 8%		<b>Vitamin C</b> 40%			
<b>Calcium</b> 2%		<b>Iron</b> 4%			

\*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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

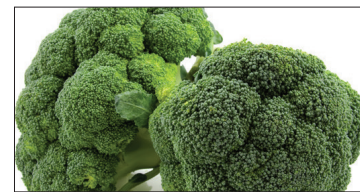
Calories per gram: Fat 9 Carbs 4 Protein 4

### INGREDIENTS:

Peas.

## FREEZE-DRIED BROCCOLI

(1 pouch)



### Nutrition Facts

Serving Size: 1/3 Cup (4g dry)  
Servings Per Pouch: 15

Amount Per Serving		Calories 10		Calories from Fat 0	
		% Daily Value*			
<b>Total Fat</b> 0g					0%
<b>Saturated Fat</b> 0g					0%
<b>Trans Fat</b> 0g					
<b>Cholesterol</b> 0mg					0%
<b>Sodium</b> 0mg					0%
<b>Total Carbohydrate</b> 2g					1%
<b>Dietary Fiber</b> 1g					4%
<b>Sugars</b> 1g					
<b>Protein</b> 1g					
<b>Vitamin A</b> 15%		<b>Vitamin C</b> 60%			
<b>Calcium</b> 2%		<b>Iron</b> 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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 Carbs 4 Protein 4

### INGREDIENTS:

Broccoli.

## FREEZE-DRIED SWEET CORN

(1 pouch)



### Nutrition Facts

Serving Size: 1/4 Cup (10g dry)  
Servings Per Pouch: 20

Amount Per Serving		Calories 40		Calories from Fat 5	
		% Daily Value*			
<b>Total Fat</b> 0g					0%
<b>Saturated Fat</b> 0g					0%
<b>Trans Fat</b> 0g					
<b>Cholesterol</b> 0mg					0%
<b>Sodium</b> 0mg					0%
<b>Total Carbohydrate</b> 7g					2%
<b>Dietary Fiber</b> 1g					4%
<b>Sugars</b> 0g					
<b>Protein</b> 1g					
<b>Vitamin A</b> 0%		<b>Vitamin C</b> 4%			
<b>Calcium</b> 0%		<b>Iron</b> 0%			

\*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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 Carbs 4 Protein 4

### INGREDIENTS:

Corn.

## FREEZE-DRIED GREEN BEANS

(1 pouch)



### Nutrition Facts

Serving Size: 1/4 Cup (3g dry)  
Servings Per Pouch: 20

Amount Per Serving		Calories 10		Calories from Fat 0	
		% Daily Value*			
<b>Total Fat</b> 0g					0%
<b>Saturated Fat</b> 0g					0%
<b>Trans Fat</b> 0g					
<b>Cholesterol</b> 0mg					0%
<b>Sodium</b> 0mg					0%
<b>Total Carbohydrate</b> 1g					0%
<b>Dietary Fiber</b> 1g					4%
<b>Sugars</b> 1g					
<b>Protein</b> 1g					
<b>Vitamin A</b> 4%		<b>Vitamin C</b> 8%			
<b>Calcium</b> 2%		<b>Iron</b> 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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 Carbs 4 Protein 4

### INGREDIENTS:

Green Beans.

## DEHYDRATED CHOPPED ONIONS

(1 pouch)



### Nutrition Facts

Serving Size: 1 Tsp (3g dry)  
Servings Per Pouch: 24

Amount Per Serving		Calories 10		Calories from Fat 0	
		% Daily Value*			
<b>Total Fat</b> 0g					0%
<b>Saturated Fat</b> 0g					0%
<b>Trans Fat</b> 0g					
<b>Cholesterol</b> 0mg					0%
<b>Sodium</b> 0mg					0%
<b>Total Carbohydrate</b> 3g					1%
<b>Dietary Fiber</b> 0g					0%
<b>Sugars</b> 1g					
<b>Protein</b> 0g					
<b>Vitamin A</b> 0%		<b>Vitamin C</b> 4%			
<b>Calcium</b> 0%		<b>Iron</b> 0%			

\*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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 Carbs 4 Protein 4

### INGREDIENTS:

Onions.

Each pouch contains an oxygen absorber. Discard immediately upon opening.