

Foods Product Information Sheet

Steamed Vegetables, Mixed

NUTRITION FACTS

Serving size: 1/2c

Amount Per Serving

Calories 70

Total Fat 0g

Saturated Fat 0g

Sodium 40mg

Source: Adapted from Approved Vendor Labels

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One 1/2 cup of Mixed Steamed Vegetables provides
1/2 cup Other Vegetable for the Child Nutrition Meal
Pattern Requirements.

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