



MARKETING

PRODUCT SPECIFICATIONS

Code	Dist Prod Code	GTIN	Calculated Pack
2700053998	763166	10027000539986	1 x 20#

Brand	Brand Owner	GPC Description
La Choy	Conagra Brands, Inc	Vegetables - Prepared/Processed (Frozen)

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
21.5 LBR	20 LBR	No	United States	Undeclared	No

Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
16.5 INH	8.75 INH	9.563 INH	0.799 FTQ	10x9	540 Days	0 FAH / 20 FAH

ALLERGENS

C = 'Contains'; MC = 'May Contain'; N = 'Free From'; UN = 'Undeclared'; 30 = 'Free From Not Tested'; 50 = 'Derived from Ingredients'; 60 = 'Not Derived From Ingredients'; NI = 'No Info'

- Milk - 30

Eggs - 30

Soy - 30

Wheat - 30

Sesame - 30
- Peanuts - 30

Tree Nuts - 30

Fish - 30

Shellfish - 30

HANDLING SUGGESTIONS

Follow storage and usage instructions as printed on consumer packaging.

SERVING SUGGESTIONS

Follow serving suggestions as printed on the packaging.

PREPARATION & COOKING SUGGESTIONS

Please follow preparation instructions as printed on the consumer packaging.

Nutrition Facts

100 Servings per container	
Serving Size	1/2 cup (91g)
Amount Per Serving	
Calories	30
% Daily Value*	
Total Fat 0	0%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 25 mg	1%
Total Carbohydrates 6 g	2%
Dietary Fiber 2 g	8%
Total Sugars 1 g	
Includes Added Sugars	%

Protein 2 g	
Vitamin D	%
Calcium 21.05 mg	2%
Iron 0.47 mg	2%
Potassium 190 mg	5%

\* The % Daily Values (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.

INGREDIENTS

Broccoli, Carrots, Red Bell Peppers, Water Chestnuts, Sugar Snap Peas, Mushrooms

MORE INFORMATION



NUTRITIONAL ANALYSIS



Calories	30
Protein	2 g
Total Carbohydrates	6 g
Sugars	1 g
Dietary Fiber	2 g
Lactose	
Sucrose	
Vitamin A (IU)	1859.03 1859.03 iu
Vitamin A (RE)	1859.03
Vitamin C	
Magnesium	
Monosodium	

Total Fat	0
Trans Fat	0 g
Saturated Fat	0 g
Added Sugars	
Polyunsaturated Fat	0 g
Monounsaturated Fat	0 g
Cholesterol	0 mg
Vitamin D	
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	25 mg
Calcium	21.05 mg
Iron	0.47 mg
Potassium	190 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

NUTRITIONAL CLAIMS

