



MARKETING

Nutrition Facts

12 Servings per container

Serving Size1 ear (85g) frozen

Amount Per Serving

Calories90

% Daily Value*

Total Fat11%

Saturated Fat0 g0%

Trans Fat0 g

Cholesterol0 mg0%

Sodium0 mg0%

Total Carbohydrates16 g6%

Dietary Fiber2 g7%

Total Sugars5 gIncludes Added Sugars%

Protein3 g

Vitamin D0 mcg0%

Calcium0 mg0%

Iron0.4 mg2%

Potassium220 mg4%

* 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.

PRODUCT SPECIFICATIONS

Code	Dist Prod Code	GTIN	Calculated Pack
1450000380	762489	10014500003802	8 x 12CT

Brand	Brand Owner	GPC Description
Birds Eye	Conagra Brands Inc	Vegetables - Prepared/Processed (Frozen)

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
27.78 LBR	26 LBR	No	United States	Yes	No

Shipping						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
17.25 INH	9.625 INH	9.188 INH	0.883 FTQ	10x8	730 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 - NI

Eggs - NI

Soy - NI

Wheat - NI

Sesame - NI

Peanuts - NI

Tree Nuts - NI

Fish - NI

Shellfish - NI

SERVING SUGGESTIONS

Follow serving suggestions as printed on the packaging.

INGREDIENTS

Corn.

HANDLING SUGGESTIONS

Follow storage and usage instructions as printed on consumer packaging.

PREPARATION & COOKING SUGGESTIONS

Please follow preparation instructions as printed on the consumer packaging.

MORE INFORMATION

NUTRITIONAL ANALYSIS



Calories	90	Total Fat	1	Sodium	0 mg
Protein	3 g	Trans Fat	0 g	Calcium	0 mg
Total Carbohydrates	16 g	Saturated Fat	0 g	Iron	0.4 mg
Sugars	5 g	Added Sugars		Potassium	220 mg
Dietary Fiber	2 g	Polyunsaturated Fat	0 g	Zinc	
Lactose		Monounsaturated Fat	0 g	Phosphorus	
Sucrose		Cholesterol	0 mg		
Vitamin A (IU)		Vitamin D	0 mcg	Thiamin	
Vitamin A (RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

NUTRITIONAL CLAIMS



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