



MARKETING

Nutrition Facts

12 Servings per container

Serving Size 1 ear (85g) frozen

Amount Per Serving

Calories 90

% Daily Value*

Total Fat 1	1%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 0 mg	0%
Total Carbohydrates 16 g	6%
Dietary Fiber 2 g	7%
Total Sugars 5 g	
Includes Added Sugars	%
Protein 3 g	

Vitamin D	0 mcg	0%
Calcium	0 mg	0%
Iron	0.4 mg	2%
Potassium	220 mg	4%

* 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
Traceability Regulation						
Regulation Type Code	Regulatory Act	Trade Item Regulation Compliant	Regulation Restrictions and Descriptors			
N/A	N/A	N/A	N/A			

HANDLING SUGGESTIONS

Follow storage and usage instructions as printed on consumer packaging.

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

Soybean - NI

Wheat - NI

Sesame - NI

Peanuts - NI

Tree - NI

Fish - NI

Shellfish - NI

INGREDIENTS

Corn.

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PREPARATION & COOKING SUGGESTIONS

Please follow preparation instructions as printed on the consumer packaging.

SERVING SUGGESTIONS

Follow serving suggestions as printed on the 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

MORE IMAGES

