

ZUCCHINI SQUASH & GRAPE TOMATOES



You have two types of circles in your snack packet. What is the difference between them?

One is a sphere and one is a coin!

PRODUCE PARTICULARS

Most of the Vitamin A in grape tomatoes comes from lycopene, which is the pigment in the tiny tomato responsible for its bright red color.



Zucchini is believed to improve digestion, blood sugar levels, eye health, heart health, thyroid and adrenal functions, and inflammation!



Nutrition Facts

1 serving per container	
Serving size	100 g
Amount per serving	
Calories	20
	% Daily Value *
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	4%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 10mg	2%
Iron 0.3mg	2%
Potassium 250mg	6%

* The % Daily Value (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.

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Squash, Summer, Zucchini, Includes Skin, Raw, Tomatoes, Red, Ripe, Raw, Year Round Average

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