

# Walnut Creek Chow Chow

Item Number: 343540

Ingredients: green beans, water, sugar, vinegar, cauliflower, kidney beans, wax beans, garbanzo beans, corn, lima beans, carrots, celery, onions, red peppers, calcium chloride, natural flavor.

<b>Nutrition Facts</b>	
Serving Size ¼ cup (60g)	
Servings Per Container 16	
<b>Amount Per Serving</b>	
<b>Calories 90</b>	<b>Calories from Fat 5</b>
% Daily Value*	
<b>Total Fat 0g</b>	<b>0%</b>
Saturated Fat 0g	0%
<i>Trans Fat 0g</i>	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 45mg</b>	<b>2%</b>
<b>Total Carbohydrate 18g</b>	<b>6%</b>
Dietary Fiber 4g	16%
Sugars 8g	
<b>Protein 3g</b>	
Vitamin A 6%	• Vitamin C 4%
Calcium 2%	• Iron 2%

\*Percent Daily Values are based on a 2,000 calorie diet.