

# Asparagus

**ASPARAGUS**  
**Rosemary & Oregano**  
1.34oz

<b>Nutrition Facts</b>	
<b>Serving size</b>	<b>1 package (38g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>15</b>
	<b>% Daily Value *</b>
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 95mg	<b>4%</b>
<b>Total Carbohydrate</b> 2g	<b>1%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars Less than 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 1g	
Vitamin D 0mcg	0%
Calcium 11mg	0%
Iron 0.3mg	2%
Potassium 90mg	2%
<small>* 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.</small>	

**Ingredients:** Green asparagus, cane vinegar, salt, extra virgin olive oil, lime juice, citric acid, lime zest, garlic, basil, oregano, black ground pepper, parsley, rosemary, thyme.

# Artichokes

## ARTICHOKES

Basil & Thyme

1.58oz

<b>Nutrition Facts</b>	
Serving size	1 package (45g)
Amount per serving	
<b>Calories</b>	<b>15</b>
% Daily Value *	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 125mg	5%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	5%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein Less than 1g	
Vitamin D 0mcg	0%
Calcium 13mg	2%
Iron 0.1mg	0%
Potassium 55mg	2%

\* 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:** Artichoke, cane vinegar, salt, extra virgin olive oil, lime juice, citric acid, onion, garlic, thyme, basil, lime zest, dill, ascorbic acid.

# Green Olives

<b>Nutrition Facts</b>	
about 2 servings per container	
<b>Serving size</b>	<b>5 olives (15g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>30</b>
	<small>% Daily Value*</small>
Total Fat 2.5g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 280mg	12%
Total Carbohydrate 2g	1%
Dietary Fiber < 1g	2%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 0g	
<small>Not a significant source of vitamin D, calcium, iron, and potassium</small>	
<small>*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.</small>	
<b>INGREDIENTS</b>	
Green olives, olive oil, lactic acid.	
④ Low Fat	