Heating Instructions: Microwave until warm or transfer to an oven proof dish and cover with foil then place in preheated oven @ 350 and heat for approx. 4-6 minutes or until desired temperature

SMALL ❑ MEDIUM ❑ LARGE ❑

Nutrition Facts

Serving Size: 4 oz. (128g)
Servings Per Container: Varied

Amount Per Serving	
Calories 140	Calories from Fat 110
	% Daily Value*
Total Fat 12g	**18%**
Saturated Fat 7g	**35%**
Trans Fat 4g	
Cholesterol 30mg	**10%**
Sodium 130mg	**5%**
Total Carbohydrate 8g	**3%**
Dietary Fiber 4g	**16%**
Sugars 2g	
Protein 3g	
Vitamin A 40% •	Vitamin C 120%
Calcium 4% •	Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: ZBROCCOLI, BUTTER (MARGARINE, BASIL, PARSLEY, TARRAGON, OREGANO, DILL, THYME)
CONTAINS: MILK

1100 94TH AVE N ST. PETERSBURG FLORIDA 33702

Fresh Broccoli with Herb Butter