



# Cutted vegetables

## Diced, cooked Butternut squash



**FORMAT:**  
Packaging 250g.

**STORE:**  
Below 4°C.

### **MOST IMPORTANT NUTRITIONAL DECLARATIONS:**

- Source of vitamin A. Vitamin A contributes to the maintenance of normal skin conditions and the normal functioning of the immune system.
- Low in saturated fat. A lower consumption of saturated fats contributes to maintenance of normal levels of blood cholesterol.
- Low in salt. A lower consumption of sodium helps to maintain normal blood pressure.
- Low in sugar.
- High in vitamin A.
- Low energy value.

### **NUTRITIONAL INFORMATION PER 100 G.**

Energy: 55 kJ/14 kcal.

Fats: 0 g. of which 0 g. are saturated

Carbohydrates: 1,9 g. of which 0,6 g. are sugar

Protein: 0,6 g.

Salt: 0,02 g.

Vitamin A: 372 mg ER / 47% VRN

## Diced, cooked Beet



**FORMAT:**  
Packaging 250g.





**STORE:**

At room temperature.

**MOST IMPORTANT NUTRITIONAL DECLARATIONS:**

- Low energy value.
- Low in saturated fat. A lower consumption of saturated fats contributes to maintenance of normal levels of blood cholesterol.
- Low in salt. A lower consumption of sodium helps to maintain normal blood pressure. Source of folic acid.
- No added sugars.

**NUTRITIONAL INFORMATION PER 100 G.**

Energy: 134 kJ/32 kcal.

Fats: 0 g. of which 0 g. are saturated

Carbohydrates: 5,8 g. of which 4,7 g. are sugar

Protein: 1,2 g.

Dietary fiber: 1,9 g.

Salt: 0,25 g.

*Diced, cooked*  
**Sweet potato**



**FORMAT:**

Packaging 250g.



**STORE:**

Below 4°C.

**MOST IMPORTANT NUTRITIONAL DECLARATIONS:**

- Source of vitamin A. Vitamin A contributes to the maintenance of normal skin conditions and the normal functioning of the immune system.
- Low in saturated fat. A lower consumption of saturated fats contributes to maintenance of normal levels of blood cholesterol.
- Low in salt. A lower consumption of sodium helps to maintain normal blood pressure.
- Low in sugar.

**NUTRITIONAL INFORMATION PER 100 G.**

Energy: 324kJ/77 kcal.

Fats: 0 g. of which 0 g. are saturated

Carbohydrates: 16 g. of which 6,1 g. are sugar

Dietary fiber: 2,9 g.

Protein: 1,7 g.

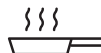
Salt: 0,08 g.

Vitamin A: 995 µg ER / 124% VRN

**PREPARATION**



MICROWAVE OVEN  
2 min.



PAN:  
5 min.

