

Canned and Jarred:

Item	Brand	Grocery Aisle	Serving	Food Group Count	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Carbs	Fiber	Sugar	Protein
Marinated Artichoke Hearts	Native Forest Artichoke Hearts Quartered & Marinated	Canned Vegetables	3 pieces (30g)	2	45	5	0	0	150	2	1	0	0
Marinated Artichoke Hearts	Reese Quartered Marinated Artichoke Hearts	Canned Vegetables	1 oz (28g)	1	30	3	1	0	110	1	0	0	0
Marinated Artichoke Hearts	Private Selection Artichoke Hearts	Canned Vegetables	1 oz (28g)	1	25	2	0	0	90	2	0	0	0
No-Salt Added Green Beans	365 Cut Green Beans - No Salt Added	Canned Vegetables	1/2 cup	0.5	20	0	0	0	15	4	2	2	1
No-Salt Added Green Beans	365 Cut Green Beans - No Salt Added	Canned Vegetables	1 cup	1	40	0	0	0	30	8	4	4	2
No-Salt Added Green Beans	365 Cut Green Beans - No Salt Added	Canned Vegetables	1-1/2 cups	2.5	60	0	0	0	45	12	6	6	3
Stir Fry Vegetables	KA-ME Stir-Fry Vegetables Mixed	Canned Vegetables	1/2 cup (140g)	0.5	15	1	0	0	15	5	3	0	2
Stir Fry Vegetables	KA-ME Stir-Fry Mushrooms	Canned Vegetables	1/2 cup (113g)	1	20	0	0	0	170	3	2	0	3

Last update: 12/14/21