

Frozen:

Item	Brand	Grocery Aisle	Serving	Food Group Count	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Carbs	Fiber	Sugar	Protein
Breaded Mushrooms	Farm Rich Breaded Mushrooms	Frozen	8 pieces (85g)	1 veg/1 starch	190	11	2	0	360	19	1	0	4
Broccoli Spears	Signature Select	Frozen	5 spears (90g)	1	25	0	0	0	15	5	3	2	3
Brussels Sprouts	Birds Eye Steamfresh Brussels Sprouts	Frozen	3/4 cup (77g)	2	45	0	0	0	15	7	3	2	3
Brussels Sprouts	Birds Eye Steamfresh Brussels Sprouts	Frozen	1-1/4 cup (128g)	2.5	68	0	0	0	23	11	5	3	5
Chopped Spinach	365 Everyday Value	Frozen	1 cup (85g)	1	25	0	0	0	65	4	2	0	3
Mixed Vegetables	Birds Eye Steamfresh Select Mixed Vegetables	Frozen	2/3 cup (88g)	2	50	0	0	0	20	10	2	4	2
Mixed Vegetables	Birds Eye Steamfresh Select Mixed Vegetables	Frozen	1/2 cup	1.5	37	0	0	0	15	8	2	3	2
Mixed Vegetables	Birds Eye Steamfresh Select Mixed Vegetables	Frozen	3/4 cup	2	56	0	0	0	23	11	2	5	2
Mixed Vegetables	Birds Eye Steamfresh Select Mixed Vegetables	Frozen	1 cup	3	74	0	0	0	30	15	3	6	3
Mixed Vegetables	Cascadian Farm Mixed Vegetables	Frozen	2/3 cup (92g)	2.5	60	0	0	0	25	13	2	4	2
Spring Mix - Broccoli, Yellow Squash, Green Beans, Onion, Carrots, Red Pepper	Signature Select Vegetables Spring Mix	Frozen	1 cup	1	25	0	0	0	10	5	2	2	2
Stir Fry Vegetables	Great Value Deluxe Stir-Fry Vegetables (Broccoli, Italian Green Beans, Carrots, Baby Corn Cobs, Water Chestnuts, Red Peppers)	Frozen	1 cup (93g)	1	30	0	0	0	30	7	2	0	2
Stir Fry Vegetables	Great Value Deluxe Stir-Fry Vegetables (Broccoli, Italian Green Beans, Carrots, Baby Corn Cobs, Water Chestnuts, Red Peppers)	Frozen	1 1/2 cups (140g)	2	45	0	0	0	45	11	3	0	3
Stir Fry Vegetables	Great Value Deluxe Stir-Fry Vegetables (Broccoli, Italian Green Beans, Carrots, Baby Corn Cobs, Water Chestnuts, Red Peppers)	Frozen	1/2 cup (47g)	0.5	15	0	0	0	15	4	1	0	1
Vegetable Mix - Broccoli, Cauliflower, and Carrots	Giant	Frozen	1 cup	1	30	0	0	0	35	5	2	3	1

Last update: 12/14/21