

Sauteed Zucchini & Carrots

Number of Servings: 2 (62.11 g per serving)

Ingredient	Comments
Squash, zucchini, baby, med, fresh	
Ever-Rich Liquid Butter	Contains: Soybean
Secret Seasoning	
Carrots	

Nutrition Facts	
Serving Size 1/2 Cup (62g)	
Servings Per Container	
Amount Per Serving	
Calories 60	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1g	5%
Cholesterol 0mg	0%
Sodium 780mg	33%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 1g	
Vitamin A 100% • Vitamin C 15%	
Calcium 2% • Iron 2%	
*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
Saturated Fat	Less than 25g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

10/15/2007

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