

WISE MUSHROOM SAUCE MIX

INGREDIENTS: Palm Oil, Sweet Whey, Corn Syrup Solids, Natural Flavors, Food Starch - Modified, Bleached Wheat Flour (malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), Dried Onion, Salt, Dried Mushrooms, Dried Garlic, Sodium Caseinate (a milk derivative), Dipotassium Phosphate, Sour Cream Powder (cultured cream [cream, nonfat milk, culture, enzymes], salt, lactic acid), Yeast Extract, Mono and Diglycerides, Sodium Stearoyl Lactylate, Chicken Broth Powder, Xanthan Gum, Spice, Disodium Inosinate and Disodium Guanylate, Hydrolyzed Corn Protein, Carrageenan, Lactic Acid, Caramel Color, Titanium Dioxide, Annatto and Turmeric (for Color). CONTAINS MILK, WHEAT.

Net Wt. 2.2 oz (62g)

Nutrition Facts			
Serving Size 1/8 Pouch (8g)			
Servings Per Container 8			
Amount Per Serving			
Calories 35		Calories from Fat 15	
% Daily Value*			
Total Fat 1.5g		2%	
Saturated Fat 0g		0%	
Trans Fat 0.5g			
Cholesterol 0mg		0%	
Sodium 160mg		7%	
Total Carbohydrate 5g		2%	
Dietary Fiber 0g		0%	
Sugars 1g			
Protein 0g			
Vitamin A 0%		Vitamin C 0%	
Calcium 2%		Iron 0%	
*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	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

WISE BUTTER SAUCE MIX

INGREDIENTS: Maltodextrin, Palm Oil, Corn Syrup Solids, Sweet Whey, Food Starch - Modified, Bleached Wheat Flour (malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), Natural Butter Flavor, Salt, Sugar, Sodium Caseinate (a milk derivative), Dipotassium Phosphate, Sodium Stearoyl Lactylate, Mono and Diglycerides, Artificial Flavor, Disodium Inosinate and Disodium Guanylate, Dried Onion, Spices, Annatto and Turmeric (for Color), Xanthan Gum, Yeast Extract, Carrageenan.

CONTAINS MILK.

Net Wt. 2.2 oz (62g)

Nutrition Facts			
Serving Size 1/8 Pouch (8g)			
Servings Per Container 8			
Amount Per Serving			
Calories 35	Calories from Fat 15		
% Daily Value*			
Total Fat 1.5g	2%		
Saturated Fat 0g	0%		
Trans Fat 0.5g			
Cholesterol 0mg	0%		
Sodium 170mg	7%		
Total Carbohydrate 5g	2%		
Dietary Fiber 0g	0%		
Sugars 1g			
Protein 0g			
Vitamin A 0%	Vitamin C 0%		
Calcium 0%	Iron 0%		
*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	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

WISE CREAM SAUCE MIX

INGREDIENTS: Palm Oil, Sweet Whey, Maltodextrin, Natural Flavors, Bleached Wheat Flour (malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), Food Starch - Modified, Corn Syrup Solids, Salt, Dried Onion, Yeast Extract, Sodium Caseinate (a milk derivative), Dipotassium Phosphate, Dried Garlic, Sodium Stearoyl Lactylate, Mono and Diglycerides, Artificial Flavor, Chicken Broth Powder, Xanthan Gum, Spice, Disodium Inosinate and Disodium Guanylate, Carrageenan, Lactic Acid Powder, Titanium Dioxide (for color), Caramel Color. CONTAINS MILK.

Net Wt. 2 oz (62g)

Nutrition Facts			
Serving Size 1/8 Pouch (8g)			
Servings Per Container 8			
Amount Per Serving			
Calories 35		Calories from Fat 15	
% Daily Value*			
Total Fat 1.5g		2%	
Saturated Fat 0g		0%	
Trans Fat 0.5g			
Cholesterol 0mg		0%	
Sodium 210mg		9%	
Total Carbohydrate 5g		2%	
Dietary Fiber 0g		0%	
Sugars 1g			
Protein 0g			
Vitamin A 0%		Vitamin C 0%	
Calcium 2%		Iron 0%	
*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	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

WISE CHEESE SAUCE FOR BROCCOLI

INGREDIENTS: Cheese Powder (whey, cheese [granular & cheddar [pasteurized milk, cheese culture, salt, enzymes]], whey protein concentrate, salt, sodium phosphate, citric acid, yellow 5, yellow 6, lactic acid, enzyme), Palm Oil, Corn Syrup Solids, Maltodextrin, Sweet Whey, Food Starch - Modified, Vinegar, Salt, Natural Sharp Cheddar Cheese Flavor (cheddar cheese [pasteurized milk, cultures, salt and enzymes], maltodextrin, cream, nonfat milk solids, salt, natural flavors, sodium phosphate, yeast extract, xanthan gum), Xanthan Gum, Sodium Caseinate (a milk derivative), Dipotassium Phosphate, Yeast Extract, Natural Cheese Flavor (maltodextrin [potato], salt, dried torula yeast, dehydrated cheddar cheese [cultured pasteurized milk, salt, enzymes], coconut oil), autolyzed yeast extract, natural flavor), Mono and Diglycerides, Sodium Stearoyl Lactylate, Artificial Flavor, Dijon Mustard Powder, Carrageenan, Dried Onion, Dried Garlic, Disodium Phosphate, Mustard Seed, White Wine, Citric Acid, Tartaric Acid, Spices, Natural Flavor. CONTAINS MILK.

Net Wt. 3 oz (85g)

Nutrition Facts			
Serving Size 1/8 pouch (11g)			
Servings Per Container 8			
Amount Per Serving			
Calories 45		Calories from Fat 15	
		% Daily Value*	
Total Fat 2g		3%	
Saturated Fat 0.5g		3%	
Trans Fat 0.5g			
Cholesterol 0mg		0%	
Sodium 280mg		12%	
Total Carbohydrate 6g		2%	
Dietary Fiber 0g		0%	
Sugars 2g			
Protein 1g			
Vitamin A 0%		Vitamin C 0%	
Calcium 2%		Iron 0%	
*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	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

WISE FREEZE DRIED SWEET PEAS

INGREDIENTS: Sweet Peas

Net Wt. 3.6 oz (102g)

Nutrition Facts			
Serving Size 1/8 Pouch (13g)			
Servings Per Container 8			
Amount Per Serving			
Calories 40		Calories from Fat 0	
		% Daily Value*	
Total Fat 0g		0%	
Saturated Fat 0g		0%	
Trans Fat 0g			
Cholesterol 0mg		0%	
Sodium 0mg		0%	
Total Carbohydrate 6g		2%	
Dietary Fiber 2g		8%	
Sugars 0g			
Protein 3g			
Vitamin A 0%		Vitamin C 0%	
Calcium 0%		Iron 0%	
*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	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

WISE FREEZE DRIED GREEN BEANS

INGREDIENTS: Wise FD Green Beans

55010 Peas.

Net Wt. 1.1 oz (31g)

Nutrition Facts			
Serving Size 1/8 Pouch (4g)			
Servings Per Container 8			
Amount Per Serving			
Calories 15		Calories from Fat 0	
		% Daily Value	
Total Fat 0g		0%	
Saturated Fat 0g		0%	
Trans Fat 0g			
Cholesterol 0mg		0%	
Sodium 0mg		0%	
Total Carbohydrate 2g		1%	
Dietary Fiber 1g		4%	
Sugars 1g			
Protein 1g			
Vitamin A 0%		Vitamin C 0%	
Calcium 0%		Iron 0%	
*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	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

WISE FREEZE DRIED CORN

INGREDIENTS: Corn

Net Wt. 3.3 oz (93g)

Nutrition Facts

Serving Size 1/8 Pouch (13g)
Servings Per Container 8

Amount Per Serving	
Calories 190	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 9g	3%
Dietary Fiber 1g	4%
Sugars 0g	
Protein 1g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%

*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	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

WISE FREEZE DRIED BROCCOLI

INGREDIENTS: Broccoli

Net Wt. 1.1 oz (31g)

Nutrition Facts			
Serving Size 1/8 Pouch (4g)			
Servings Per Container 8			
Amount Per Serving			
Calories 15	Calories from Fat 0		
% Daily Value*			
Total Fat 0g	0%		
Saturated Fat 0g	0%		
Trans Fat 0g			
Cholesterol 0mg	0%		
Sodium 0mg	0%		
Total Carbohydrate 2g	1%		
Dietary Fiber 1g	4%		
Sugars 1g			
Protein 1g			
Vitamin A 0%	Vitamin C 0%		
Calcium 0%	Iron 0%		
*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	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			