Quality Food Storage from Augason Farms

AUGASON FARMS®

Quality • Taste • Variety • Value — 40 Years 1972 - 2012

Ultimate Freeze Dried Fruit & Vegetable Variety 12 Pack

Freeze Dried Diced Potatoes

22 Servings (6 pails/132 total servings)
NET WT 10.9 oz (308 g)

Nutrition Facts

Serving Size: 1/3 cup (14g)
Servings Per Container: About 22

Amount Per Serving	
Calories 50	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 25mg	1%
Total Carbohydrate 11g	4%
Dietary Fiber 3g	11%
Sugars 0g	
Protein 2g	

Vitamin A	2%	• Vitamin C	25%
Calcium	0%	• Iron	6%

*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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 Carbs 4 Protein 4

INGREDIENTS: Potatoes

Freeze Dried Peas

30 Servings (6 pails/180 total servings)
NET WT 13.8 oz (390 g)

Nutrition Facts

Serving Size: 1/4 cup (13g)
Servings Per Container: About 30

Amount Per Serving	
Calories 50	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 9g	3%
Dietary Fiber 3g	12%
Sugars 3g	
Protein 3g	

Vitamin A	8%	• Vitamin C	40%
Calcium	2%	• Iron	4%

*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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 Carbs 4 Protein 4

INGREDIENTS: Peas

Freeze Dried Cauliflower

60 Servings (6 pails/360 total servings)
NET WT 4.2 oz (120 g)

Nutrition Facts

Serving Size: 1/4 cup (2g)
Servings Per Container: About 60

Amount Per Serving	
Calories 5	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 0g	0%
Dietary Fiber less than 1g	2%
Sugars 0g	
Protein 1g	

Vitamin A	0%	• Vitamin C	20%
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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 Carbs 4 Protein 4

INGREDIENTS: Cauliflower

Freeze Dried Broccoli Florets & Stems

30 Servings (6 pails/180 total servings)
NET WT 4.2 oz (120 g)

Nutrition Facts

Serving Size: 1/3 cup (4g)
Servings Per Container: About 30

Amount Per Serving	
Calories 10	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 2g	1%
Dietary Fiber 1g	5%
Sugars 1g	
Protein 1g	

Vitamin A	15%	• Vitamin C	60%
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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 Carbs 4 Protein 4

INGREDIENTS: Broccoli

Freeze Dried Sweet Corn

40 Servings (6 pails/240 total servings)
NET WT 14.03 oz (396.9 g)

Nutrition Facts

Serving Size: 1/4 cup (9.9g)
Servings Per Container: About 40

Amount Per Serving	
Calories 35	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 8g	3%
Dietary Fiber 1g	5%
Sugars 2g	
Protein 1g	

Vitamin A	0%	• Vitamin C	4%
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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 Carbs 4 Protein 4

INGREDIENTS: Corn

Freeze Dried Green Beans

40 Servings (6 pails/240 total servings)
NET WT 4.2 oz (120 g)

Nutrition Facts

Serving Size: 1/4 cup (3g)
Servings Per Container: About 40

Amount Per Serving	
Calories 10	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	4%	• Vitamin C	8%
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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 Carbs 4 Protein 4

INGREDIENTS: Green Beans

Dehydrated Chopped Onion

24 Servings (6 pails/144 total servings)
NET WT 2.5 oz (72 g)

Nutrition Facts

Serving Size: 1 tsp (3g)
Servings Per Container: 24

Amount Per Serving	
Calories 10	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 0g	0%
Sugars 1g	
Protein 0g	

Vitamin A	0%	• Vitamin C	4%
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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 Carbs 4 Protein 4

INGREDIENTS: Onions

Freeze Dried Sliced Strawberries

40 Servings (6 pails/240 total servings)
NET WT 5.6 oz (160 g)

Nutrition Facts

Serving Size: 1/4 cup (4g)
Servings Per Container: About 40

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 3g	1%
Dietary Fiber 0g	0%
Sugars 2g	
Protein 0g	

Vitamin A	0%	• Vitamin C	30%
Calcium	0%	• 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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 Carbs 4 Protein 4

INGREDIENTS: Strawberries

Freeze Dried Sliced Peaches

52 Servings (6 pails/312 total servings)
NET WT 10.1 oz (286 g)

Nutrition Facts

Serving Size: 1/4 cup (5.5g)
Servings Per Container: About 52

Amount Per Serving	
Calories 25	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 5g	2%
Dietary Fiber less than 1g	3%
Sugars 4g	
Protein 0g	

Vitamin A	4%	• Vitamin C	80%
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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 Carbs 4 Protein 4

INGREDIENTS: Peaches

Freeze Dried Whole Raspberries

40 Servings (6 pails/240 total servings)
NET WT 7.1 oz (200 g)

Nutrition Facts

Serving Size: 1/4 cup (5g)
Servings Per Container: About 40

Amount Per Serving	
Calories 20	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 4g	1%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 1g	

Vitamin A	0%	• Vitamin C	10%
Calcium	0%	• 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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 Carbs 4 Protein 4

INGREDIENTS: Raspberries

Freeze Dried Whole Blueberries

44 Servings (6 pails/264 total servings)
NET WT 10.9 oz (309 g)

Nutrition Facts

Serving Size: 1/4 cup (7g)
Servings Per Container: About 44

Amount Per Serving	
Calories 30	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 1g	5%
Sugars 6g	
Protein 0g	

Vitamin A	0%	• Vitamin C	2%
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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 Carbs 4 Protein 4

INGREDIENTS: Blueberries

Freeze Dried Sliced Bananas

40 Servings (6 pails/240 total servings)
NET WT 11.3 oz (320 g)

Nutrition Facts

Serving Size: 1/4 cup (8g)
Servings Per Container: About 40

Amount Per Serving	
Calories 30	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 less than 1g	2%
Sugars 2g	
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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 Carbs 4 Protein 4

INGREDIENTS: Bananas

Freeze Dried Diced Apples

40 Servings (6 pails/240 total servings)
NET WT 7.1 oz (200 g)

Nutrition Facts

Serving Size: 1/4 cup (5g)
Servings Per Container: About 40

Amount Per Serving	
Calories 20	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 4g	1%
Dietary Fiber 0g	0%
Sugars 0g	
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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 Carbs 4 Protein 4

INGREDIENTS: Apples

Apple Delight Drink Mix

16 Servings (6 pails/96 total servings)
NET WT 14.1 oz (400 g)

Nutrition Facts

Serving Size: 2 Tbsp (25g)
Servings Per Container: 16

Amount Per Serving	
Calories 100	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 24g	8%
Dietary Fiber 0g	0%
Sugars 24g	
Protein 0g	

Vitamin A	0%	• Vitamin C	150%
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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 Carbs 4 Protein 4

INGREDIENTS: Sugar, apple juice powder (maltodextrin, natural flavors [apple juice solids and natural flavors], caramel color, sodium benzoate), citric acid, sodium citrate BB, xanthan gum, ascorbic acid, artificial apple flavor (maltodextrin, artificial flavors), malic acid, caramel color

OPTIMUM SHELF LIFE: UP TO 20 YEARS

Processed in a plant that handles wheat, egg, dairy, soybean, peanut, cashew, walnut and almond products

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