

Nutrition Facts (Unprepared)

13 Servings Per Container

Serving Size 85 g (0.75 Cup)

Amount Per Serving

Calories 20

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 5mg 0%

Total Carbohydrate 3g 1%

Dietary Fiber 2g 6%

Sugar 0g 0%

Protein 3g 0%

Vitamin D 0µg 0%

Potassium 220mg 4%

Calcium 20mg 0%

Iron 0.6mg 4%

Vitamin A 4%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients

Asparagus