

Asparagus

Serving Size134 grams

Amount Per Serving

Calories25

% Daily Value *	
Total Fat 0 g	0%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 0 mg	0%
Total Carbohydrate 5 g	2%
Dietary Fiber 3 g	10%
Total Sugars 3 g	
Includes 0 g Added Sugars	0%
Protein 3 g	
Vitamin D 0 mcg	0%
Calcium 32 mg	2%
Iron 3 mg	15%
Potassium 270 mg	6%

* 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.

Allergens: No known allergens in this product.
Ingredients: This product contains asparagus.