

Beets

Serving Size

Amount Per Serving

Calories

60

% Daily Value *

Total Fat 0 g0%

Saturated Fat 0 g0%

Trans Fat 0 g

Cholesterol 0 mg0%

Sodium 105 mg5%

Total Carbohydrate 13 g5%

Dietary Fiber 4 g14%

Total Sugars 9 g

Includes 0 g Added Sugars0%

Protein 2 g

Vitamin D 0 mcg0%

Calcium 22 mg2%

Iron 1 mg6%

Potassium 440 mg10%

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:

Ingredients: