

**Beets**

**Serving Size**

**1 cup sliced, cooked 37 g**

**Amount Per Serving**

**Calories 60**

	% Daily Value *
<b>Total Fat</b> 0 g	<b>0%</b>
Saturated Fat 0 g	<b>0%</b>
Trans Fat 0 g	
<b>Cholesterol</b> 0 mg	<b>0%</b>
<b>Sodium</b> 105 mg	<b>5%</b>
<b>Total Carbohydrate</b> 13 g	<b>5%</b>
Dietary Fiber 4 g	<b>14%</b>
Total Sugars 9 g	
Includes 0 g Added Sugars	<b>0%</b>
<b>Protein</b> 2 g	
Vitamin D 0 mcg	<b>0%</b>
Calcium 22 mg	<b>2%</b>
Iron 1 mg	<b>6%</b>
Potassium 440 mg	<b>10%</b>

\*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:**