

## Beets

### Serving Size

1 cup sliced, cooked

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	0%
Calcium 22 mg	2%
Iron 1 mg	6%
Potassium 440 mg	10%

\*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:

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