

Hearts of Palm Serving Size

grams

Amount Per Serving

Calories **40**

	% Daily Value *
Total Fat 1 g	1%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 620 mg	27%
Total Carbohydrate 7 g	2%
Dietary Fiber 4 g	13%
Total Sugars 0 g	
Includes 0 g Added Sugars	0%
Protein 4 g	
Vitamin D 0 mcg	0%
Calcium 85 mg	6%
Iron 5 mg	25%
Potassium 260 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:

Ingredients:
