

## Jerusalem Artichokes

### Serving Size

(150g) grams

Amount Per Serving

**Calories** **110**

	% 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> 5 mg	<b>0%</b>
<b>Total Carbohydrate</b> 26 g	<b>10%</b>
Dietary Fiber 2 g	<b>9%</b>
Total Sugars 14 g	
Includes 0 g Added Sugars	<b>0%</b>
<b>Protein</b> 3 g	
Vitamin D 0 mcg	0%
Calcium 21 mg	2%
Iron 5 mg	30%
Potassium 640 mg	15%

\*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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