

Jerusalem Artichokes

Serving Size



(150g) grams

Amount Per Serving

Calories 110

	% Daily Value *
Total Fat 0 g	0%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 5 mg	0%
Total Carbohydrate 26 g	10%
Dietary Fiber 2 g	9%
Total Sugars 14 g	
Includes 0 g Added Sugars	0%
Protein 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:

