

**Leeks**

**Serving Size** 89 grams

Amount Per Serving

**Calories** 50

**% Daily Value** \*

<b>Total Fat</b> 0 g	0%
Saturated Fat 0 g	0%
Trans Fat 0 g	
<b>Cholesterol</b> 0 mg	0%
<b>Sodium</b> 20 mg	1%
<b>Total Carbohydrate</b> 13 g	5%
Dietary Fiber 2 g	6%
Total Sugars 3 g	
Includes 0 g Added Sugars	0%
<b>Protein</b> 1 g	
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Vitamin D 0 mcg	0%
Calcium 53 mg	4%
Iron 2 mg	10%
Potassium 160 mg	4%

\*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:** No known allergens in this product.

**Ingredients:** This product contains leeks.

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