

Leeks

Serving Size

89 grams

Amount Per Serving

Calories

50

% Daily Value *

Total Fat

0 g

0%

Saturated Fat

0 g

0%

Trans Fat

0 g

Cholesterol

0 mg

0%

Sodium

20 mg

1%

Total Carbohydrate

13 g

5%

Dietary Fiber

2 g

6%

Total Sugars

3 g

Includes 0 g Added Sugars

0%

Protein

1 g

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.