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Lotus Root

Serving Size

[redacted]

grams

Amount Per Serving

Calories	**40**
	% Daily Value *
Total Fat 0 g	**0%**
Saturated Fat 0 g	**0%**
Trans Fat 0 g	
Cholesterol 0 mg	**0%**
Sodium 25 mg	**1%**
Total Carbohydrate 10 g	**3%**
Dietary Fiber 2 g	**7%**
Total Sugars 0 g	
Includes 0 g Added Sugars	**0%**
Protein 1 g	
[redacted]	
Vitamin D 0 mcg	0%
Calcium 16 mg	2%
Iron 0.54 mg	4%
Potassium 220 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:

Ingredients: