

Okra

Serving Size

Amount Per Serving

Calories

35

% 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 7 g

3%

Dietary Fiber 3 g

11%

Total Sugars 1 g

Includes 0 g Added Sugars

0%

Protein 2 g

Vitamin D 0 mcg

0%

Calcium 82 mg

6%

Iron 0.62 mg

4%

Potassium 300 mg

6%

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: