

Parsley Root
Serving Size

1 Parsley Root (1/2 lb)

grams

Amount Per Serving

Calories 55

	% Daily Value *
Total Fat 0.6 g	1%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 17 mg	1%
Total Carbohydrate 1 g	0%
Dietary Fiber 4 g	16%
Total Sugars 1 g	
Includes 0 g Added Sugars	0%
Protein 2 g	
Vitamin D 0 mcg	0%
Calcium 49 mg	4%
Iron 1.20 mg	7%
Potassium 562 mg	10%

*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: